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**Newark
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1911-12**

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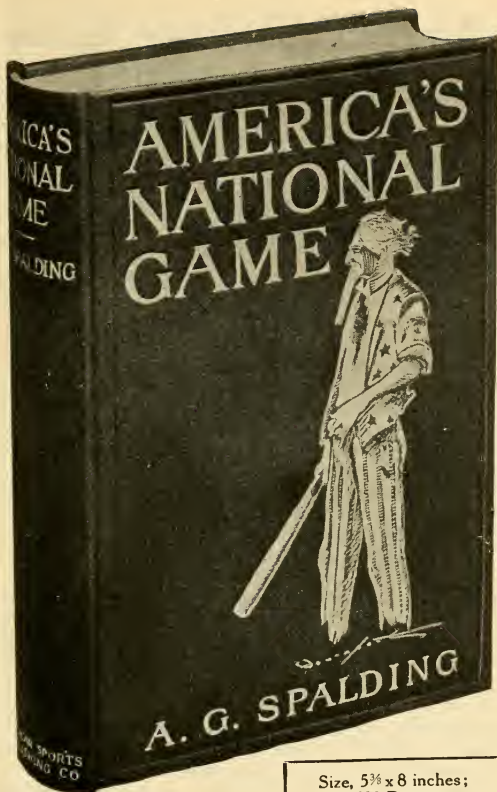
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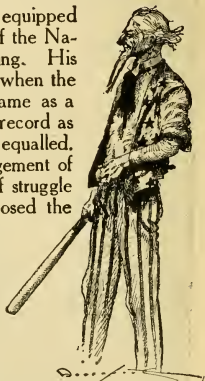
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JAMES TAAFFE,

President of the Board of Education.

Under the direction of Mr. James Taaffe, formerly Chairman of the Buildings, Grounds and Supply Committee, the Newark Public School Physical Training Field was begun.

Spalding's Athletic Library

Official Handbook
of the
Newark Public School
Athletic Association

1911



1912

Editing Committee:

Randall D. Warden

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AMBROSE TOMKINS,

Of the Committee on Buildings, Grounds and Supplies.

This committee has under way the contracts for the completion of the Public School Physical Training Field, nine acres in extent, equipped with a quarter mile running track, baseball diamonds, football fields and tennis courts.

A Review

Of the work done by the Newark Public School Athletic Association, at its Annual Meeting, held Wednesday, December 13, 1911.

By A. G. BALCOM, PRESIDENT.

The Newark Public School Athletic Association was organized nearly eight years ago for the purpose of promoting athletics in the schools of this city. During that time many important changes have taken place. From the first meet or field day where five hundred boys took part there has been a gradual and constant growth until last year there were over four thousand boys and two thousand girls taking part. The old classification of boys, into junior and senior divisions based on an age limit, has been supplanted by junior, intermediate and senior divisions based on age and height. Since that time we have been experimenting with the problem of the girl in athletics and this feature of our work has never failed to arouse an abundance of enthusiasm.

Eight years ago there was not a single school in the city equipped with a gymnasium. During that time nine gymnasiums have been installed in additions that have been made to buildings, and provision has been made for one in all large new buildings completed or in the process of construction. During this time much property adjacent to school buildings has been acquired to provide for play spaces. There has been a rapid growth in the number of summer playgrounds provided by the Board of Education in the last few years. A new athletic field covering something like ten acres, at the corner of Bloomfield and Roseville Aves., already inclosed by a concrete fence, has been provided by the Board of Education, and will be available for use, we hope, this summer. A system of physical training for every child in our schools is now a part of our curriculum.

We may rightly ask, what has prompted all of these things? In answer I would say that these things have been done in recognition of the importance of developing the physical side of the child. The educational creed of the day is to develop the physical as well as the mental and the moral. The extensive provision made in our city to carry on this work, involving a large expense, has the support, I think, of educators, our leading citizens, and the general public. In this connection I think our association can justly claim credit in being an important factor in creating public sentiment in favor of this condition of affairs.

Our annual meets, presenting the spectacle of a multitude of boys and girls striving in events involving speed, strength, agility and skill, have made deep and favorable impressions upon the citizens and public officials. A visit to the schools, observing thousands of children going through their daily exercises as outlined in the syllabus of physical training is impressive. A scene on the baseball fields, either at Branch Brook or Weequahic Park, where four or five games are in progress, with many fond parents and friends watching, with feverish excitement, is a familiar sight in connection with our work. When we ponder upon these do we wonder at the deep and abiding interest in physical training?

NAME OF ASSOCIATION.

I have referred to the name of this body as the Newark Public School Athletic Association. Such was the name given to it eight years ago, but in the light of passing events, in the way of a close study of conditions and an ever widening knowledge of the laws of health and hygiene as applied to the development of the child, we might very properly change the title to the "Newark Public School Physical Training Association." I like this title very much better.

The original purpose of our association was to provide or plan a rational set of athletic events in which the strongest and most skillful boys of our schools took part. But we have come to know that physical training is for the many and not alone for the few who are blessed with strength far above the average. Physical training in its broadest aspect has to do with the rational development of every child, supplying such exercises and making such prescriptions as the diagnosis of each individual makes necessary. We are therefore concerned with the health and longevity of the individual and the race. We are most deeply interested in the exercises and mode of life that will secure these ends. We should promote that training that will strengthen the vital organs and prevent, so far as we can, indulgence or participation in a training or mode of life that debilitates these organs. We are not only interested in strong bodies for the purpose of running, jumping, and playing of games, but we are particularly interested in them in so far as health is conserved. Our association stands for a rational participation in athletics and observance of the principles of hygiene as applied to every day life.

THE CLOSE RELATION OF THE DEPARTMENTS OF PHYSICAL TRAINING AND MEDICAL INSPECTION.

These two departments are so closely related that they might properly be merged into one. Both stand for the conservation of

health. There is great benefit to be derived from the daily exercises of the class room as laid down in the course of study for physical culture. At present these exercises are practically the same for each child and unquestionably are helpful to the normal child. You will agree with me that exercises adapted to individual pupils to strengthen the parts most needful of development, as revealed by an examination such as given by the department of medical inspection, would more adequately serve the needs of individual pupils than the present system does. There are many things in common to both of these departments. Heredity plays an important part in supplying the functions of the body. For instance, I have noticed if an older brother in a family shows strength of hand and arm, this feature, almost without exception, appears in the younger brothers. I have noticed further, that when a boy possesses ability to run fast, this ability is possessed by other brothers of the family. Tuberculosis sometimes affects a whole family. If physical training is going to be a factor in the conservation of health and life, that we have reason to hope it may be, then we must approach the question more from the standpoint of the organic structure of the human body.

A WIDER DIFFUSION OF KNOWLEDGE OF THE LAWS OF HEALTH AND PRINCIPLES OF HYGIENE.

More people are practicing the laws of health and the principles of hygiene than ever before. More people are their own physicians in preventing the ordinary ailments than ever before. Definite codes of sanitation are being observed by people in general. Treatment of disease has changed greatly in our recollection. Less drugs are being used. The growth in popularity of the osteopathic treatment of disease is evidence of this.

I gleaned the following from a recent publication on Hygiene:

- 1.—Keep your teeth clean.
- 2.—Eat moderately and chew your food thoroughly.
- 3.—Breathe pure air whenever it is possible to do so.
- 4.—Go to bed regularly at a reasonable hour.
- 5.—Take proper exercise and hold yourself erect.
- 6.—Learn to rest and to keep yourself calm.
- 7.—Guard yourself, so far as you can, from disease germs.

Form these seven habits and they will do more than all the medicine in the land to keep you in good health.

GOOD VENTILATION AND THE OUTDOOR LIFE.

The question of the ventilation of our school buildings and homes is a vital one. Its importance has been underestimated.

Living in a room that has a temperature of 70 degrees and above with no ventilation is productive of many ailments which come to us. The ventilation of buildings where a considerable number of people assemble, like theatres, churches, club rooms and schools, is, as a rule, poor. It seems to be nobody's business in particular to look after this. Even our best mechanical systems of heating do not fully meet the needs of the situation. I believe the matter of the ventilation of homes and schools and places of public and private assembly will be regulated by law. The matter of dress is important in keeping one healthy. Some people bundle themselves up entirely too much, and when winter comes on, add thicker underclothing and overcoats. This violates the laws of nature and of health. It is a matter of experience that people who make very little change in the clothing of winter and summer and who exercise and live out of doors as much as possible are the healthiest. I say plenty of exercise—do you know that this is important? The great exercise and the most beneficial, because it is moderate and because one is out of doors, is walking. With the great conveniences of trolley and auto that we have in this day and generation, there is a great temptation to neglect this matter of walking. There is great pleasure to be derived from the auto and it is mighty convenient at times, but it really does not take the place of walking. The fellow that stands on the corner and sees his friend go by in an auto often wishes that he could have one, but he may console himself with the fact that there is some gain in having to trudge along afoot. Everyone owes it to himself to take this exercise in the open air. I would emphasize this over and over again for many of us get too little of it. It keeps us young; young in body and spirit, and we become as old as we feel.

THE GIRL IN ATHLETICS.

We began some years ago to interest the girls in athletics. We are not certain that the events provided for them are the most suitable. Changes have been made from year to year to adapt the events to the needs of the girls, so that the objectionable and injurious might be eliminated and that those retained might prove to be the ones in which girls might take part with profit. We are told by the best authority that girls will be benefited by taking part in certain athletic games, so we have arranged those that are outlined in this annual.

GAMES SUITABLE FOR BOYS TO PLAY.

It seems to me that the dominant feature of our work should be moderation. We have kept pretty clearly to this. We have

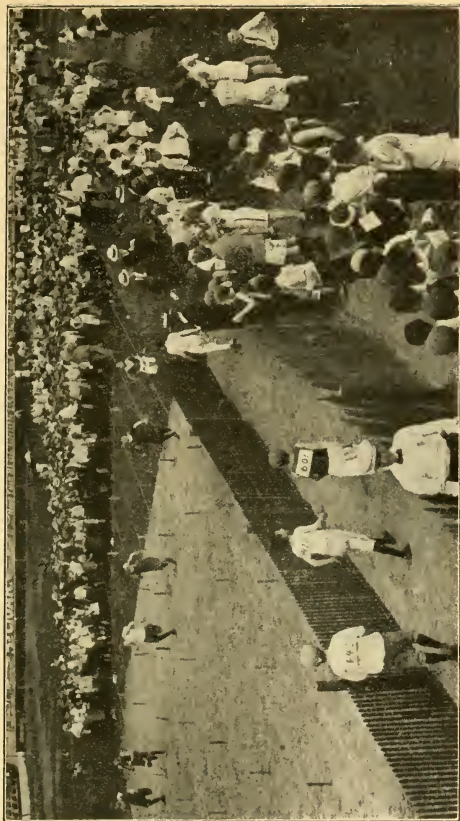
given our boys a chance to enter, at most, only two events, one a field event and the other a track event. We have eliminated any run longer than the 220 yard dash. In this connection I want to say that I think there should be a combined effort on the part of the authorities and people who have this question of physical development in hand, to eliminate the so-called endurance runs which are practiced by our secondary schools, colleges, and private athletic associations. There can be no question but what these endurance runs affect the vital organs and particularly the heart. I consider that this is where the question of athletics is carried too far. The fellow who can do great stunts as an acrobat, has, through constant practice developed certain muscles of his body so that he startles you, almost by the marvellous things that he does. This is an abnormal development and while there is great gain in certain portions of the body, there is necessarily a corresponding weakening of other portions, so that as a matter of statistics, the acrobats are not long lived men. I have known of instances where young men have carried to excess, gymnastic exercises and instead of being a benefit they were a detriment. Baseball is the great national game and no wonder that men and boys like to play it. Both individual and team work are involved in playing the game. It is played out of doors on a field with ample space. Every stage of the game can be distinctly seen by the spectator. It is difficult to resort to foul tactics in this game without being seen. Everything stands out in the lime light—so to speak. It is a test of skill that comes from a great deal of practice, quickness, intelligence and initiative. It is essentially an American game. Four years ago our association took up the game of soccer, which is destined to become the foot ball game even in this country, and were it not for the fact that it had its origin on the other side of the sea, it would have been more popular in this country than it is now. Here, again is a game where individual and team work are involved. It is played out of doors, it has a large playing area, it is not violent exercise, it is not a hazardous game so far as injury is concerned. We have been playing it for four years and no boy has received, as far as I know any serious injury. The so called Rugby game of football is too hazardous for boys in the elementary schools. In fact it is too dangerous a game to be played by anyone. It is a game where brute strength is too much of a factor, whereas in soccer the small man can play to as good advantage as the large man. The rules regulating the Rugby game have been changed to eliminate the possibilities of accident, but even now serious accidents occur and the rules have been so changed that the game has practically resolved itself into a punting match. If two teams are at all evenly matched, it is difficult to determine which team is

superior. To illustrate this, I have only to refer to the results of some of the important games this season, namely, Princeton, Yale, Harvard, etc. Traditional influence is keeping this game in the secondary schools and colleges, but it will have to be greatly changed if it is to retain its popularity, and if I mistake not, it will only be a matter of time when it will be supplanted by some more rational game, where there is just as much exercise involved but less likelihood of accident or injury. Basket ball is having a struggle to claim the attention that it ought to receive. There are many difficulties that stand in the way of making this game popular. It is an indoor game, the playing area is too small, no one has yet been able to write a set of rules that do not have as many interpretations as the number of people who read them, too much depends upon the interpretation of the rules by the referee, chances of committing fouls are too many, and without its being kept pretty close to the rules, there is too much danger of injury to the player.

SPORTSMANSHIP IN ATHLETICS.

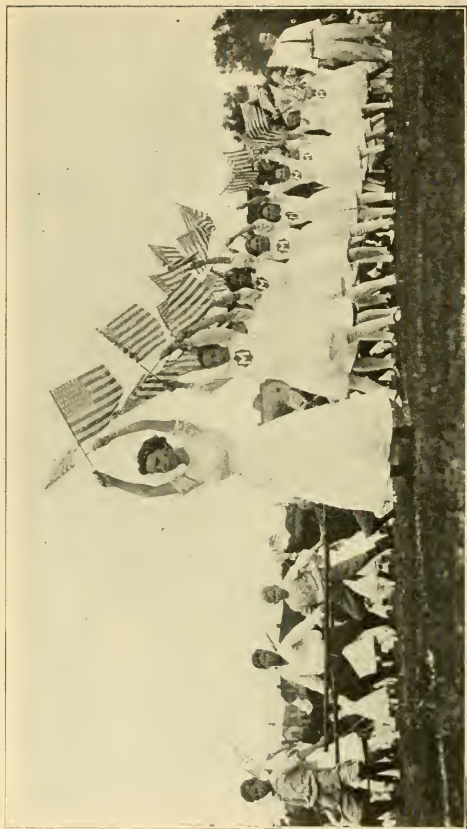
Our experience has been valuable to us in that we have discovered that people that are crooked in other things, will be crooked in athletics, and this particular point has given us, perhaps, more concern than anything else with which we have had to deal. It is fortunate for the boys of our schools that so many of our principals take such an active interest in this work, and it is clearly the duty of the principals and teachers to exercise a careful censorship over this phase of work. I think some wholesome lessons have been given in this particular. Individuals and teams have been disqualified because there have been violations of our rules and regulations. It is our duty to interpret these rules and regulations to our boys and girls so that they may see that it is dishonorable to win by unfair means, and where this is done it has a mighty wholesome effect in the way of inculcating honesty, fairness and courtesy to those who happen to be our opponents. I can think of a number of instances where principals have done a great service to their schools and to the cause which we represent by taking a manly position. Not long ago the boys belonging to a certain base ball team that was contesting in one of the city leagues, held under our auspices, came to the president of the league and said that a certain player on the team was so old, that day, but that he was born at six o'clock in the afternoon, and would there be any objections to his playing? Now when boys show this attitude in regard to rules and regulations, it shows that they are on the right road. I want to take the opportunity of congratulating this association upon the good

work that it has done. We have made mistakes, we are open to suggestion, we are seeking new light, we are hoping to improve our work from year to year. There is still a great work to be done. This work must necessarily be adapted to the needs of each generation as given to us by expert opinion and otherwise. I want to express my great appreciation of the worth of the men who have been on the executive committee of the association. I count it a rare privilege to be associated with men of this calibre. Our differences of opinion and judgment have been honest ones and we may take consolation in the fact that our work merits the approval of the authorities and the confidence of the public. My hope is that we may be spared to carry on the work that has been so well started.



STANDARD 50-YARD DASH.

More than 900 Juniors competed in this event.



LONG WAND AND FLAG EXERCISES.

A Letter From Mayor Jacob Haussling

TO THE PUBLIC SCHOOL ATHLETIC ASSOCIATION:

It gives me great pleasure to testify to the interest which I feel in the boys and girls of this Association, and to my belief that in their athletic sports they are accomplishing results that will eventually prove second in importance only to the knowledge they obtain from the books which they study in the schools. That your health and strength will increase will follow as a matter of course, but far more beneficial, I believe, to you and to the community, in which you must soon take an active part, will be the spirit of friendly rivalry, the pride in your schools and your fellow-pupils, the habits of obedience and the sense of discipline which you will get in such contests as you will hold on the track and in the field. The boys and girls of to-day will be the men and women of the future, and such lessons as these will be of infinite value to you in the larger life which opens to you as the school doors close behind you.

Yours very truly,

A handwritten signature in cursive script, reading "Jacob Haussling". The signature is written in dark ink and is positioned to the right of the typed name.

Officers of the Newark Public School Athletic Association

President

A. G. BALCOM.....Franklin School

Vice-President

S. ERWIN MANNES.....18th Ave. School

Treasurer

CLAUDE L. WEST.....Newton St. School

Secretary

FRANK H. HANSON.....South Market Street School

Assistant Secretaries

L. H. CARRIS.....Burnet St. School

S. H. McILROY.....Madison School

Executive Committee

Joseph L. Terwilliger, 14th Avenue School

A. J. Glennie, Miller Street School

Randall D. Warden, Director of Physical Training

Charles A. MacCall, Supervisor of Attendance

Benj. C. Miner, Central Ave. School

James Eggenberger, Sussex Ave. School

Wm. Dougan, Boys' Industrial School

Honorary Members

Dr. A. B. Poland, City Superintendent

David B. Corson, Assistant City Superintendent

J. Wilmer Kennedy, Assistant City Superintendent

R. D. Argue, Secretary Board of Education

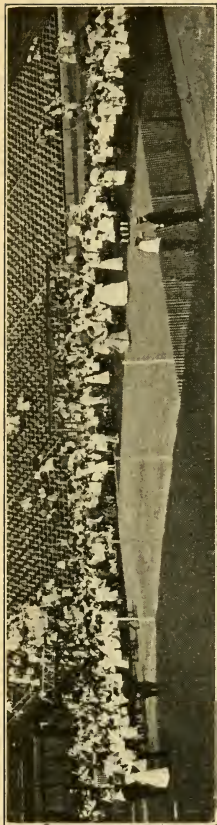
Samuel Gaiser, Superintendent of Supplies, Board of Education

Eli Pickwick, Jr., Director of Manual Training

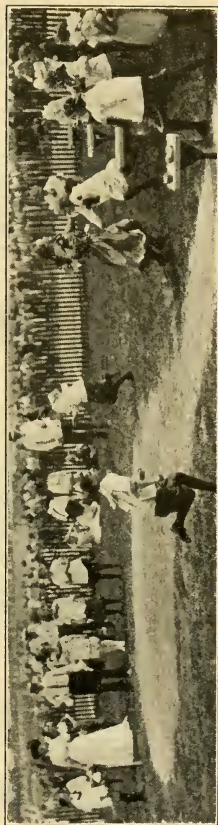
Charles W. Slocum, Supervisor of Penmanship

E. K. Sexton, Secretary Board of Examiners

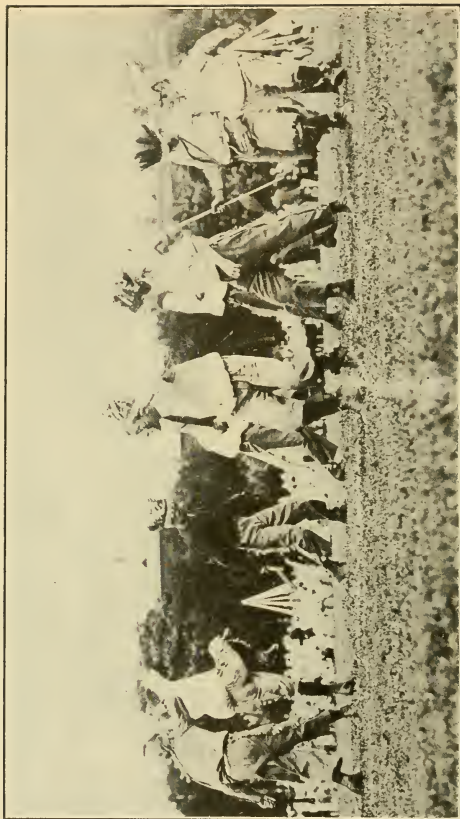
Isaac Lowenstein, Secretary to the City Superintendent



GIRLS' FIELD EVENTS.



POTATO RELAY—FIFTH YEAR GIRLS.



AN INDIAN WAR DANCE.

The History of the Newark Public School Athletic Association

The Newark Public School Athletic Association was formed on April 26th, 1904. The first move towards such an organization was made by Arthur G. Balcom and Elmer K. Sexton, and at their invitation a number of the principals met together and decided to organize for the purpose of promoting public school athletics, and invited all the principals of the city to take part and assist in maintaining an active association.

REVIEW.

The first outdoor meet was held in June, 1904, and about five hundred boys competed in the different events. In 1905, the meet for the boys was carried out much the same as in the previous year with a large increase in the number of entries. In 1906, the same program was carried out again; in addition, the girls were permitted to take part in competitive gymnastic drills, and large numbers participated. In 1907, the girls were allowed a separate meet, which was held in the assembly-rooms of various schools. Besides the gymnastic events, the meet included races of various kinds. Much interest was aroused at these girls' meets, and large audiences attended. Each year saw an enormous increase in interest and activity among the boys and girls. The third year, eleven hundred boys competed in various contests. In 1908, two thousand boys took part; in 1909, the number grew to four thousand, and 1911 over 6,000. This large number was handled on two days.

AIM.

The aim of the Newark Public School Athletic Association is to develop the rational activities of the boys and girls. Judicious athletic sports are peculiarly needed at this time by city children, first because of the changed conditions of life in the home and the factory. Nowadays the available source of muscular development is very largely arrested by the adoption of machines and mechanical contrivances. A city boy does very little of the manual labor which enabled his father and grandfather to grow up strong and virile. Secondly, the opportunities for play under normal conditions have been lost because there is no longer space left in our cities for athletic sports. Thus the boys themselves are unable to secure opportunities for their own development in these lines because of the large financial outlay necessary to hire athletic fields and because they are unable to attack the

administrative problems which are necessary to run successfully associations of an athletic nature.

To run and jump and to test who is the stronger is a racial instinct. By judiciously directing these energies, strong and healthy men and women will be developed. More than that, the boys and girls will be educated in courteous conduct, to be patient and tolerant in defeat, generous and magnanimous in victory. The influence of these meets, moreover, extends throughout all the schools and has a strong, wholesome effect. School loyalty is worth while.

Physical vigor and power are just as closely related to the development of manhood and womanhood as they ever have been. Realizing this, the principals of Newark have undertaken to help boys and girls to enjoy activities which, without some outside assistance, of a financial and administrative nature, would be beyond their reach.

ORGANIZATION.

Very careful thought and attention have been given to the organization of the association and to the formation of rules and regulations which shall accomplish the objects and purposes for which it was formed and to prevent the evil practices which so often work their way into competitive athletics. The first rule of the Association provides that no girl or boy can take part in an athletic event whose class-room deportment and attention to study are not satisfactory. Thus the association wields a very great influence over the disciplinary and mental qualifications of its members. The Association has always had in mind its opportunity to wield a moral influence also, for fairness, gentlemanly conduct, and truthfulness in all matters pertaining to competition. Again, the men who have been in charge of this Association have taken great care that no strain of overwork should be put upon the heart, internal organs, or nervous functions of the body, and several rules have been made to prevent this grave evil.

It has been made a rule that every boy or girl who desires to take part in athletics shall undergo a physical examination by the school doctor. It has been made a rule that a boy shall not enter more than two events, one a racing event, and the other a field event. Still another rule divides the boys into age and height classes so that the smaller boys shall not compete with the larger ones.

By far the most important regulation, however, is one devised to interest great numbers of pupils in all-round development. Standard contests they are called. This means that the com-

mittee has set a certain standard of proficiency in different events for pupils to attain in order that they may rank as average, normal children in feats of running, jumping, and chinning the bar. A button is given to every pupil who reaches a standard. More than ten thousand buttons have been given out already, thus testifying to the popularity of this phase of school work.

In 1909, certain changes were made in the prize events. The "chinning the bar" was taken away from the prize events, it being regarded as too severe a test on a boy's strength. When a boy was able to chin the bar forty times, it was deemed time to stop this event as a prize test. Also, for juniors "putting the shot" was discontinued, and, in addition, the "standing, hop, step, and jump" for juniors and the "running, hop, step and jump" for seniors were added.

NEW CLASSIFICATION.

In 1910 the committee decided upon a new classification for the boys, and the same is as follows:

Juniors—9 to 13 years old, less than 4 ft. 10 in. height.

Intermediate—Under 15 years old, 5 ft. 3½ in. height.

Senior—Under 18 years old, any height.

The standard events are as follows:

JUNIOR	Standing broad jump (5 ft. 10 in.)
	Chinning the bar (9 times).
	50-yard dash (7 2-5 seconds).
INTERMEDIATE	Running broad jump (11 ft 9 in.)
	Running high jump (3 ft. 6 in.).
	75-yard dash (10 2-5 seconds).
	Chinning the Bar (9 times).
SENIOR	Running broad jump (12 ft. 9 in.)
	Running high jump (3 ft. 9 in.).
	Chinning the bar (9 times).
	100 yard dash (13 1-5 seconds).

A button in the shape of a shield is still given to any boy who makes one of these standards. If he chooses, he may take two standards, one a field and one a track event, in the same year, or in two successive years. He is then entitled to a button in the shape of a silver arrow. Having qualified in three different

events, which cannot be accomplished in less than two years, he is entitled to a button in the shape of a gold shield.

The prize events are as follows:

JUNIOR	50 yard dash.
	Running high jump.
	Running broad jump.
	440-yard relay race, 4 boys to a team.
INTERMEDIATE	75-yard dash.
	Running high jump.
	Running broad jump.
	Standing, hop, step, and jump.
	Putting the 8-pound shot.
	600-yard relay race, 4 boys to a team.
SENIOR	100-yard dash.
	220-yard dash (boys in this race not eligible for the relay).
	120-yard hurdle race (all hurdles to be left standing in order to make a record; more than 3 hurdles down constitutes a disqualification).
	Running high jump.
	Running broad jump.
	Pole vault.
	880-yard relay race, 4 boys to a team.
	Putting the 12-lb. shot.
	Running, hop, step, and jump.
	A new class event, a 100-yard dash (80 per cent of the boys in a class to enter).

The Public School Athletic Association offers three prizes for each of these events; a gold, a silver and a bronze disc with a winged foot, in raised design.

The Newark Public School Athletic Association has fostered base ball, soccer foot ball and basket ball. Forty base ball teams were entered in four leagues last year. Soccer football has been running **four** years, and twenty-six teams were entered in four leagues last winter. Twenty-eight teams competed for the basket ball championship of the Newark Public Schools last year.

The rapid growth of the Association in six years, from a meet of **five** hundred boys to an entry list of six thousand boys and girls, indicates the growing necessity for athletic fields. The time is approaching when the attention of the Mayor must be called to the urgent need of an athletic field in the southern part of the city.

Summary of Events

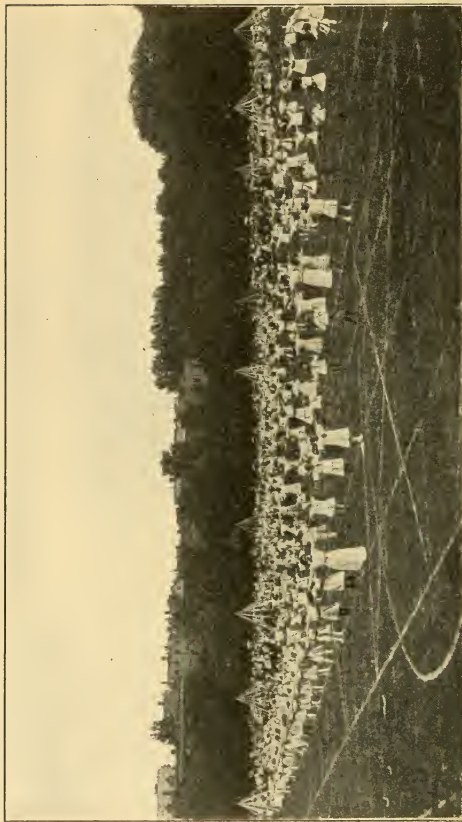
Held during the year 1911, under the auspices of the Newark Public School Athletic Association:

Physical Training Exhibitions by Boys and Girls at the First Regiment Armory.

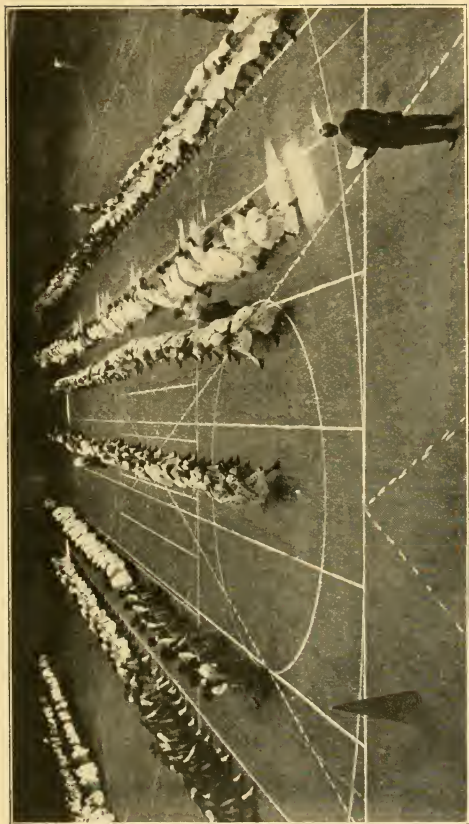
- 1—Girls' Athletic Meet—At Wiedenmeyer's Park; No. of Entries, 1,969; Prize events, 5; Standard events, 4.
- 2—Boys' Athletic Meet—At Wiedenmeyer's Park; No. of Entries, 4,444; Prize events, 19; Standard events, 4.
- 3—Four Base Ball Leagues, 47 teams.
- 4—Four Basket Ball Leagues, 25 teams.
- 5—Four Soccer Leagues, 26 teams.

The number of pupils that qualified in the Standard Events are as follows:

JUNIOR	50 yard dash.....	412
	Standing broad jump.....	215
	Chinning bar	316
INTERMEDIATE	75 yard dash.....	366
	Running high jump	119
	Running broad jump.....	176
	Chinning bar	188
SENIOR	100 yard dash	98
	Running high jump	73
	Running broad jump	57
	Chinning bar	53
GIRLS	Throwing basket ball.....	152
	Throwing oat bag	148
	Hand walk on Ladder.....	215
	30 yard dash	192
Total		2,780



MASS DRILL AT BRANCH BROOK PARK.



GIRLS OF THE AFTER-SCHOOL RECREATION CENTERS.

Trophies for the Eighth Annual Carnival of the Newark Public School A. A., June, 1911

BANNER

For the school scoring most points in the meet (Girls and Boys).
Donor—Jacob Haussling, Mayor.
Winner—Sussex Avenue School.

BANNER

For the school scoring most points in Boys' events.
Donor—Frederick F. Guild, President Board of Education
Winner—Sussex Avenue School

CUP

For the school scoring most points in field and track prize
events (boys)
Donor—J. Wilmer Kennedy, Asst. Supt. Public Schools
Winner—Summer Avenue School

CUP

For the school scoring most points in field prize events (boys)
Donor—Richard C. Jenkinson
Winner—Fourteenth Avenue School

CUP

For the school scoring most points in track prize events (boys)
Donor—A. B. Poland, City Supt. of Schools
Winner—Summer Avenue School

CUP

Cumberland Memorial Trophy—For the school scoring most
points in standard events (boys and girls)
Donor—S. A. Cumberland
Winner—Sussex Avenue School

CUP

For the school scoring most points in girls' events
Donor—J. L. Terwilliger, Prin. Fourteenth Avenue School
Winner—South Eighth Street School

CUP

For the school winning the Senior Relay Race (boys)
Donor—John C. Eisele
Winner—Franklin School

CUP

For the school winning the Intermediate Relay Race (boys)
Donor—David B. Corson, Asst. Supt. Schools
Winner—Central Avenue School

CUP

For the school winning the Junior Relay Race (boys)
Donor—E. K. Sexton
Winner—Summer Avenue School

CUP

For the school winning the Oat Bag Relay Race (girls)
Donor—Dr. Geo. J. Holmes, Supervisor of Medical Inspection
Winner—Hamburg Place School

CUP

For the school winning the Indian Club Relay Race (girls)
Donor—A. G. Balcom, President Public School A. A.
Winner—South Eighth Street School

CUP

For the school winning the Potato Race (girls)
Donor—Randall D. Warden, Director of Physical Training
Winner—Hamburg Place School

CUP

For the school winning the Chariot Race (girls)
Donor—Samuel Gaiser, Supt. of Supplies, Board of Education
Winner—South Eighth Street School

CUP

For the school winning the Dodge Ball Contest (girls)

Donor—Newark Public School Athletic Association

Winner—Bergen Street School

CUP

Northern Senior Base Ball League

Donor—Newark Public School Athletic Association

Winner—Franklin School

CUP

Southern Senior Base Ball League

Donor—Newark Public School Athletic Association

Winner South Market Street School

CUP

Northern Junior Base Ball League

Donor—Newark Public School Athletic Association

Winner—Elliot Street School

CUP

Southern Junior Base Ball League

Donor—Newark Public School Athletic Association

Winner—Hawthorne Avenue School

SHIELD

City Championship Senior Base Ball League

Donor—Nathaniel King, Member Board of Education

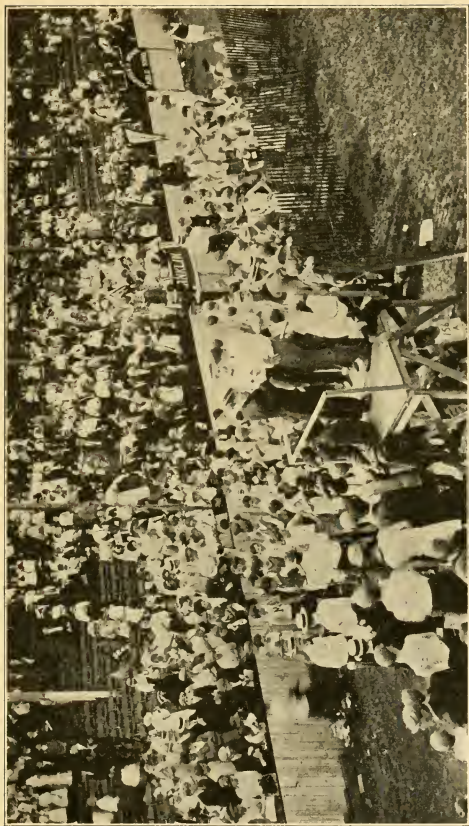
Winner—South Market Street School

CUP

City Championship Junior Base Ball League

Donor—Charles M. Meyers, Counsel to the Board of Education

Winner—Elliot Street School



BEFORE THE JUDGES' STAND.

Records of the Newark Public School Athletic Association

JUNIOR

Junior 50-yard dash, 6 3-5 seconds. Launcelot Dixon, Central Avenue; Lloyd Dimsey, Chestnut Street.

*Junior 440-yard relay, 80 lbs., 57 seconds. Eugene Ross and team, Summer Ave.

Junior 440-yard unlimited, 57 2-5 seconds. Percy Smith and team, Chestnut St.

Junior running broad jump, 15 feet 8 inches. Percy Smith, Chestnut Street.

Junior running high jump, 4 feet 3 inches. John Bander, Bergen Street School.

*Junior standing broad jump, 7 feet 11 inches. Eugene Ross, Summer Avenue.

*Junior chinning the bar, 30 times. Barney Inlander, Newton Street.

*Junior putting 8-lb. shot, 36 feet 1½ inches. Raymond McFee, Washington Street.

*Note.—These events have been discontinued.

INTERMEDIATE

75-yard dash, 9 seconds. Kenneth Hopper, Miller Street School.

Running high jump, 4 feet 8 inches. Leo Wagner, Central Ave.

Running broad jump, 16 feet 1¾ inches. Adelbert Bundy, Fourteenth Avenue School.

Standing, hop, step, and jump, 21 feet 6 inches. Harold Roman, Bergen Street School.

8-lb. shot put, 34 feet 3 inches. Elmer Morse, Fourteenth Avenue School.

660-yard relay, 1 minute 15 seconds. Central Avenue School.

SENIOR

Senior running broad jump, 19 ft. 10 inches. Elsworth Wyre, Morton Street.

Senior running high jump, 5 feet 2½ inches. Rupert Mills, Franklin.

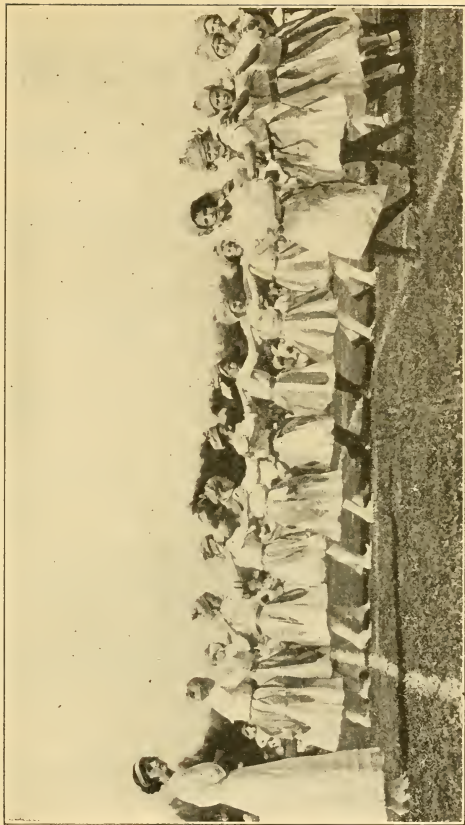
Senior standing broad jump, 9 feet 5 inches. Manning Atchison, South Eighth Street.

- *Senior chinning the bar, 29 times. Carlo Stephaneli, Central Avenue.
- Senior putting 12-lb. shot, 39 feet 4 inches. Walter Schwinn, Summer Avenue.
- Senior pole vault, 8 feet 11 inches. Russell Dobbins, Franklin School.
- Senior running, hop, step and jump. 37 feet. Isadore Frankel, Newton Street School.
- Senior 100-yard dash, 11 seconds. Walter Fried, Elliot Street.
- Senior 220-yard dash, 26 1-5 seconds. Frank Brown, Elliot St.
- Senior 120-yard hurdle, 17 1-5 seconds. Jack Donovan, Summer Avenue.
- *880-yard relay, 90 lbs., 1 minute, 1 second. James Lynch, and team, Central Avenue.
- 880-yard relay unlimited; 1 minute, 41 4-5 seconds. Franklin School.

*Note.—These events have been discontinued.



A STAR OF FIVE HUNDRED GIRLS.



FOLK DANCING ON THE GREEN.

Prize Records—Boys' Events, 1911

EVENT 1—50 YARD DASH, JUNIOR

First—Ralph Rhinehart, Summer Ave., time 6 4-5 seconds.
Second—Robert Perkins, Summer Ave. Third—George Cook,
Bergen St. Fourth—Frederick Kubach, Fourteenth Ave.

EVENT 2—RUNNING HIGH JUMP—JUNIOR

First—John Bauder, Bergen St., distance 4 ft. 3 in. Second—
Frank Soriano, City Home. Third—Henry Minister, North
Seventh Street.

EVENT 3—RUNNING BROAD JUMP—JUNIOR

First—Fred Kubach, Fourteenth Ave., Distance 15 ft. 1-4 in.
Second—Harry Gerhard, Summer Place. Third—Peter Cope-
land, City Home. Fourth—Reuben Budish, Bergen St.

EVENT 4—440 YARD RELAY—JUNIOR

First—Summer Ave., Time 58 3-5 seconds. Second—Frank-
lin. Third—Bergen St. Fourth—City Home.

EVENT 8—75 YARD DASH—INTERMEDIATE

First—Launcelot Dixon, Central Ave., Time 9 1-5 seconds.
Second—Leo Kehoe, Franklin. Third—Fred Mizer, Summer Ave.
Fourth—James Rose, Chestnut St.

EVENT 9—Running High Jump—INTERMEDIATE.

First—Wm. McCrispen, So. Tenth St., Distance 4 ft. 7 in. Sec-
ond—Jacob Heyman, Newton St. Third—Louis Giannettino, Sus-
sex Ave. Fourth—Simon May, Franklin.

EVENT 10—RUNNING BROAD JUMP—INTERMEDIATE

First—Adelbert Bundy, Fourteenth Ave., Distance 16 ft. 1¾ in.
Second—John Myers, Fourteenth Ave. Third—Frank Wadsworth,
South Eighth St.

EVENT 11—STANDING HOP, STEP AND JUMP—IN- TERMEDIATE

First—Harold Roman, Bergen St., distance 21 ft. 6 in. Second—
Everett Craig, Summer Ave. Third—George Bath, Central Ave.
Fourth—George Taylor, Bergen St.

EVENT 12—8 lb. SHOT, PUT—INTERMEDIATE

First—Elmer Morse, Fourteenth Ave., distance 34 ft. 3 in. Second—Israel Heyman, Newton St. Third—Fred Mizer, Summer Ave. Fourth—Jerry De Luggiano, City Home.

EVENT 13—660 YARD RELAY—INTERMEDIATE

First—Central Ave., time 1 min. 15 sec. Second—Hamburg Place. Third—Newton St. Fourth—Fourteenth Ave.

EVENT 18—100 YARD DASH—SENIOR

First—Kenneth Hopper, Miller St., time 11 1-5 sec. Second—James Lalor, Franklin. Third, Morton Bedell, Summer Ave. Fourth—Michael Danzis, South Eighth St.

EVENT 19—220 YARD DASH—SENIOR

First—Clarence Corbley, Burnet St., time 27 1-5 sec. Second—Richard Jones, Franklin. Third—Raymond Tannahill, Franklin. Fourth—Franklin Duelllyn, Burnet.

EVENT 20—120 YARD HURDLE RACE—SENIOR

First—Thomas York, South Eighth St., time 18 3-5 sec. Second—Harry Slatin, Franklin. Third—Erbest Rasnik, Morton.

EVENT 21—RUNNING HIGH JUMP—SENIOR

First—Raymond Tannahill, Franklin, distance 5 ft. Second—James Lalor, Franklin. Third—Harry Puder, South Eighth St. Fourth—George Thornley, South Eighth St.

EVENT 22—RUNNING BROAD JUMP—SENIOR

First—Charles Terwilliger, Alexander St., distance 17 ft., 7½ in. Second—Winfield Angus, South Eighth St. Third—Henry Glaeser, Elliott St. Fourth—John Rolland, City Home.

EVENT 23—RUNNING HOP, STEP AND JUMP—SENIOR

First—Isadore Frankel, Newton St., distance 37 ft. Second—Harry Slatin, Franklin. Third—Raymond Armstrong, Miller St. Fourth—Heyman Gelrud, Newton St.

EVENT 24—POLE VAULT—SENIOR

First—Russell Dobbins, Franklin, distance 8 ft. 11 in. Second—Herman Reinhold, City Home. Third—Thomas York, So. Eighth St. Fourth—William Long, Franklin.

EVENT 25—PUTTING 12 lb. SHOT—SENIOR

First—Leon Lefort, Chestnut St., distance 32 ft. 6 in. Second—Otto Becht, City Home. Third—John Seibert, Morton St. Fourth—Marvin Preger, Fourteenth Ave.

EVENT 26—880 YARD RELAY RACE—SENIOR

FIRST—Franklin, time 1 min. 41 4-5 sec. Second—So. Eighth St. Third—Miller St. Fourth—Chestnut St.

Prize Records—Girls' Events, 1911

EVENT 1—OAT BAG RELAY RACE

First—Hamburg Place, time 1 min. 39 4-5 sec. Second—Fourteenth Ave. Third—Bergen St.

EVENT 2—CHARIOT RACE WITH REINS AND DRIVER

First—So. Eighth St., time 16 sec. Second—Miller St. Third—Madison. Fourth—Fourteenth Ave.

EVENT 3—INDIAN CLUB AND FLAG RELAY RACE

First—So. Eighth St., time 42 2-5 sec. Second—Hamburg Place. Third—Madison. Fourth—Franklin.

EVENT 4—POTATO RELAY RACE

First—Hamburg Place, time 2 min. 20 sec. Second—So. Eighth St. Third—Madison. Fourth—So. Market St.

The Girls' Athletics Branch of the **Newark Public School** **Athletic Association**

This year a Woman's Advisory Committee has been formed, to act with the Executive Committee of the Newark Public School Athletic Association on all matters pertaining to Girls' Athletics. The Committee consists of:

MRS. JULIA HEALY

Contemporary Club

MRS. HENRY CRAMPTON

Civic Club

MRS. BEATRICE M. STERN

College Women's Club

DR. FLORENCE E. VOORHEES

Medical Department

MISS KATHERINE QUINN

Bergen Street School

History of the Girls' Branch

The Girls' Branch of the Newark Public School Athletic Association was first inaugurated for the athletic meet in 1906, and its particular object was to give an opportunity to the growing girls of the city to develop bodily health and physical strength by outdoor exercise.

The first competition of the girls consisted of gymnastic drills and exercises taken from the course in physical training and was held on the Orange Oval in connection with the boys' meet on June 5, 1906. It was hoped that with this beginning enough interest would be aroused in the physical development of girls to make some form of permanent outdoor exercise possible for girls. This small beginning proved more successful than the committee had hoped for, though it was shown that the noise of the boys' meet interfered with the attention and interest of the girls' events.

The next year the scope of the athletics for girls was somewhat increased, and besides the classroom gymnastics, certain athletic events were included, and it was decided to divide the city into four general districts and to hold the girls' meet in a central auditorium of each district. About eleven hundred girls took part in these district meets, and the success was phenomenal. In some of the centers the public interest was so great that people had to be turned away from the doors.

In 1908, the girls' meets grew in importance and popularity. Indeed many people consider the girls' meet in the armory to be more interesting than the boys' meet at Wiedenmeyer's Park.

In 1909, a new feature was introduced in the shape of a standard event for the eighth year girls, and a standard pin equal in every way to the boys' button was given to any girl of the eighth grade who could throw the basket ball 40 feet.

It is the policy of the Executive Committee of the Public School Athletic Association to encourage the development of suitable forms of exercise and recreation for the great mass of girls in the public schools, and to avoid all evils of over-strain or excitement by carefully selecting the competitive events. The committee recognizes that the question of girls' athletics must be handled in a very different manner from that of the boys' and in no case has it introduced competition which would do harm to the delicate organism of the growing girl.

The outgrowth of the meets compelled us in former years to separate the girls' athletics from their gymnastics and at the present time competitive gymnastics have been discontinued altogether.

In their place there will be given exhibitions of physical training by the schools of the northern and the southern sections of the city. Final exhibitions will be given at the Armory in May where more than two thousand children will be seen in interesting gymnastic drills.

In 1910 a decided innovation was made by the committee in establishing standard events for girls in four grades. The girls are given a pin, the same as the boys are given a button, when they make a standard.

This year the Committee has added a fifth standard for the fourth grade girls.

GIRLS' ATHLETIC MEET.

Held Annually at the Physical Training Field.

There shall be an annual athletic meet held each year for the girls which shall consist of the following events:

EVENTS.

GIRLS' PRIZE EVENTS.

8—A and 8—B

Oat Bag Relay (contestants to run around a pole, and the first girl not running in each team *must* stand on an 8-inch painted line; the one running with the bag shall run in front of the line and pass the bag back over her head with both hands, and afterwards get back on the line; the one receiving it must stand on the line until she has passed the bag back.)

7—A and 7—B

- (a) 440 Yard Relay (8 girls to a team).
- (b) Captain Ball League.

6—A and 6—B

- (a) Indian Club and Flag Relay (Flag to be without stick and to be at least 16 inches long.)
- (b) Newcomb Ball League.

5—A and 5—B

- (a) Potato Relay Race (8 girls on a team).

4—A and 4—B

Class event 20-yard dash (20 girls on a team) total time taken by stop watch.
Dodge Ball Teams (organized from the girls of the fourth and fifth grades).

Finals of the North and South Districts championship to be run off at the Athletic Meet.

GIRLS' STANDARD EVENTS.

8—A and 8—B

Throwing the basket ball for distance—40 feet (3 trials.)

(Ball to be thrown over hand or under hand using one hand only.)

7—A and 7—B

Throwing the oat bag for height—17 feet (3 trials.) (weight of bag 4 pounds.) Disk 20 inches in diameter. Jump allowed.

Throw must be made with both hands.

6—A and 6—B

Hand walk twice the length of a 16-foot horizontal ladder: From rung to rung without touching the floor, (or by skipping), over and back with a turn. (Contestant may return to starting point using over grasp on sides of ladder if preferred.)

5—A and 5—B

30 yard dash—5 seconds.

4—A and 4—B

Throwing the indoor base ball (17 inches in circumference) for distance—30 feet (3 trials.)

Oat-Bag Relay

For Girls in the 8—A and 8—B Grades.

The oat-bag relay race consists of a competition of teams made up of ten pupils from the 8A and 8B grades of each school. The teams line up, one pupil behind another, No. 1 girl standing on the starting line, which is eight inches wide, and the rest of the team spread out behind, one in back of the other. Sixty feet back of this starting line there is a second line drawn parallel to the first on which poles are to be placed. In front of the starting line a third line is drawn thirty feet away. The first or No. 1 girl standing on the starting line holds an oat bag approximately eight inches in diameter and weighing four pounds, which she passes at command over her head with both hands to No. 2 girl, behind. Each girl in turn passes the bag over her head with both hands until it reaches the last or No. 10 girl, who turns and runs to the rear line around the pole which was spoken of as being sixty feet back of the starting line. Here she turns and quickly returns to the starting line passing to right of her team and passes the bag over her head in the same way that the first girl did; then gets back on the line. The successive members of the team thus run to the rear line and to the front until at last the first or number 1 girl has gradually moved back to the last one in the line. She must not only run to the back line, but instead of stopping at the starting line she runs at full speed to the finish line thirty feet away and crosses it, thereby finishing the race.

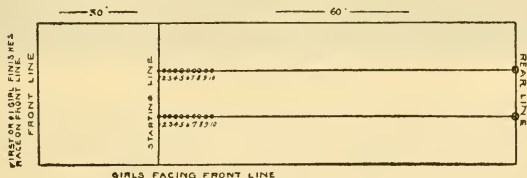


Diagram Illustrating Oat-Bag Relay.

The first girl is responsible for the team being on the line, but this shall not be interpreted as referring to the girl who is running with the bag.

Any girl taking hold of the pole as an aid to circling it, shall be disqualified.



SIX HUNDRED GIRLS

The Board of Education of Newark, N. J., maintains after-school recreation centers for girls of the sixth, seventh and eighth grades during November, December, January, February and March of each year. At these centers special teachers instruct the girls in folk dancing and team games. Ten centers are conducted two days a week and at these centers the girls of schools in the district are permitted to join the classes if their attendance and class standing are satisfactory. In March of each year an



IN STAR FORMATION.

exhibition of the work done during the term is given at the First Regiment Armory, when the relatives and friends of the pupils are invited. The above picture shows six hundred girls just before beginning a folk dance. The following centers participated: Avon Avenue School, Belmont Avenue School, Bergen Street School, Elliot Street School, Franklin School, Fourteenth Avenue School, Hamburg Place School, Madison School, South Eighth Street School, Thirteenth Avenue School.

440-Yard Relay

For girls in 7A and 7B.

Eight girls to a team; each girl stationed on a mark 55 yards apart. At the starting signal the first girl runs to the second and touches her off in the manner of boys relays. The race continues until the 8th girl finishes across the finish line.

Captain Ball

16 players on a team. Playground; gymnasium.

GROUND.—The ground is divided into two equal parts by a line through the center. In each half are marked 10 bases in the form of small circles two feet in diameter, outlining a large semi-circle or square open on one side. In the center of each half is marked a small rectangle or base, three feet long, two feet wide, for the captain.

TEAMS.—The players are divided into two equal teams, consisting each of: (1) a captain, (2) a baseman for each base in the outer circle, five guards. The guards belonging to a team are stationed in the opponents' field, and generally begin the game lined up near the central line that runs through the center of the ground. As the game progresses, the guards may scatter in any way that they choose. An umpire is necessary, and a scorer, timer and referee are needed for skillful teams.

OBJECTS OF GAME.—The objects of the game are (1) for the ball to be thrown and caught around the complete circle of basemen; (2) for the outer basemen to throw the ball to their captain in the center; the guards trying (1) to intercept the ball before it can complete a circle; (2) to prevent it being caught by the captain; and (3) to secure possession of the ball and send it to the basemen in their own (the opposite) field.

START.—The ball is put in play in the center of the field by the referee. He tosses the ball, as in Basket Ball. The guards may run anywhere they choose on their side of the central line. To touch the ball does not give a guard possession of it; she must hold it in both hands. In case of dispute the referee should again toss the ball. When a guard has secured possession of the ball, she throws it to one of her basemen in the opposite field. The ball is put in play from the center after every point scored, and after it goes afield.

RULES.—The guards are not allowed *to step within the bases*; they may not cross the boundary lines into the opposite territory. Basemen may not step outside of their bases, except with one foot. Should the captain, in catching a ball, step over her base, the catch

does not score. A throw from a guard in the opposite field to her own captain does not score. Striking a ball out of a player's hand is allowable. In trying to block a throw, guards may not touch basemen nor step within the bases. Guards will naturally be very watchful of the center, as successful catches by the captain score, but they must not step in the captain's base.

FOULS.—Transgression of any of the previous rules constitutes a foul, penalized by the opposite side scoring one point.

SCORE.—One point is scored for a team every time that the captain catches a ball thrown by one of her basemen. Four points are scored for a team whenever the ball is thrown from base to base successively until it completes an uninterrupted circle. After every point scored, the ball is returned to the umpire and put again in play.

The game is played in two halves of ten minutes each with a rest of five minutes between the halves. Teams change sides at the beginning of the second half, but they do not change players; that is, guards do not become basemen, and vice versa, as in some other forms of this game.

The Referee shall have full charge of the ball as in Basket Ball. The Umpire shall call fouls and assist the Referee.

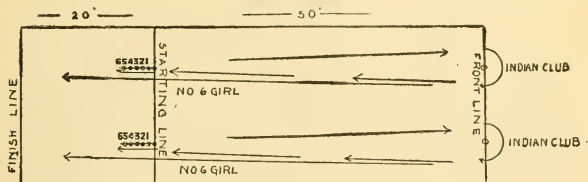
There shall be an official timer.

There shall be an official scorer.

Indian Club and Flag Relay Race

For girls of the 6A and 6B.

An Indian Club and flag relay race consists of a competition of teams made up of six pupils from the 6A and 6B grades of



GIRLS FACE FRONT LINE OR INDIAN CLUB.

Diagram Illustrating Indian Club and Flag Relay Race.

each school. The teams line up as in the oat-bag relay race; that is, one behind the other, the front or No. 1 girl standing on the

starting line and the rest of the team standing behind her. Fifty feet in front of the first girl (in the oat-bag race it is behind) is a line drawn parallel to the starting line and behind the starting line and back of the team, the finish line is drawn twenty feet away (in the oat-bag race this line is in front of the girls). In front of each team on the line fifty feet in front a pole is set up. At the word of command the first or No. 1 girl, who holds a United States Flag 16 inches in length without stick, runs to the pole in front of her team, circles it with her right side towards the pole and returns to the starting line, where the second member or No. 2 girl of the team has taken her position ready to run. As the first runner runs by on the right side of her team mates, she hands the flag to the outstretched right hand of the one on the starting line, who immediately dashes off to circle the pole as the first member of the team has done before. Each one in turn on the team receives the flag, runs around the pole and returns to the starting line where she delivers the flag as above described, and then takes her place back of the line of standing team mates. Each member takes her place back of the one last running, except the sixth member or No. 6 girl of the team. When she receives the flag, she runs around the pole, returns and crosses the starting line and continues on to the finish line, which has been said was twenty feet behind the starting line.

The flag should not be dropped throughout the race; but any girl who drops one must pick it up before continuing the race.

If the pole is knocked over it must be reset in its original position by the one knocking it down, before the team continues.

Any girl taking hold of the pole as an aid to circling it shall be disqualified.

Newcomb

A Game for the Gymnasium or Playground

APPARATUS.

The game is played with an indoor base ball, and requires also a Division Line or "Rope" and "Posts." The Division Line is supported by the posts, so constructed as to vary the height of the rope and adjustable as to length of rope required, to accommodate a different width of court or space. The official Newcomb Rope is 34 feet long and $\frac{1}{2}$ inch in diameter. Where the walls form the Boundary Lines, a "Brace" should be used to secure the rope.

HOW TO ARRANGE THE GAME.

I. In the Gymnasium.

For the arrangement of the court, see diagram. Lines are made by painting them upon the floor. These lines should be about two

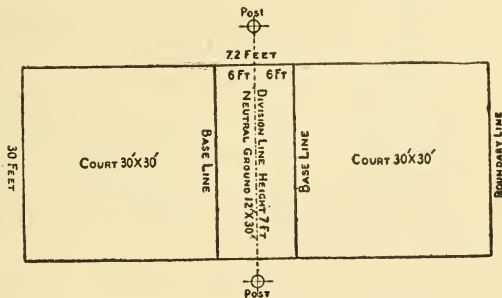
inches in width. The posts for the rope should be at least one foot outside the Boundary Lines. The rope should divide the space into two equal parts. This rope is known as the Division Line. The space between is called the Neutral Ground. The height of the rope should be seven feet above the ground.

THE GAME.

The space between the Base Line and end of the field is known as the "Court." The players are arranged at irregular intervals over the court; the object being to cover this space as effectually as possible to prevent the opposing player making a "touch-down." The object of the game is to throw the ball over the rope and to make it touch any clear space in the enemy's court. This is called a "touch-down" and constitutes one point for the side sending the ball. A foul adds one to the opponent's score. The game calls for an equal number of players on each team. The official game calls for twenty players on a side.

STARTING THE GAME.

Match games occupy two halves of ten minutes each. The game is opened by the instructor, or referee, who stands in the neutral ground and tosses up the ball as in Basket Ball. The Captains, or some players selected, stand at the middle of the



field, and as the ball is thrown, they jump with the object of tapping it toward their respective courts. When the ball is secured by one team both Captains or players return to their respective positions and thereafter must not play in the neutral territory. THE SIDE THAT SECURES THE BALL OPENS THE

GAME. When the whistle is blown for the end of the first half, or the conclusion of the game, and a ball is in the air, its result shall be counted. For the second half of the game, the teams change courts. The game is begun as in the first half.

RULES.

1. A "touch-down" shall count one for the side sending the ball.
2. A foul shall add one point to opponents' score.
3. A majority of points decides the game.
4. The players must stand within the Boundary Lines.
5. No player shall step over the lines except to secure an "out" ball.
6. A ball thrown by a player and landing out of the Boundary Lines shall be counted a foul.
7. The ball must be thrown with one hand. It cannot be kicked.
8. No player shall catch, or throw the ball while down; but must be standing.
9. The ball must clear the rope and touch the opposite court to constitute a "touch-down."
10. If a ball is batted into the neutral ground by a player receiving it, it shall constitute a foul against the side receiving the ball.
11. An "out" ball beyond the Boundary Lines, shall constitute a foul unless tapped by a player as it passes over the court. When it counts against side *receiving* the ball, It should be returned to play at the nearest point of its passage and exit from the court.
12. If, in passing the ball to another player on the same team, it should be dropped to the floor (ground) it shall constitute a foul.
13. A ball, striking the wall and bounding into the neutral ground or court, shall constitute a foul for the team sending the ball.
14. There shall be no protests, except by the Captain; no talking, no general disturbance of the game.
15. The ball must not be thrown under the rope nor between the Base Lines.
16. In match games unavoidable loss of time shall be deducted.
17. When the question arises between teams as to whose ball shall be used, each team may furnish the ball for one half of the game.
18. In the absence of a regular instructor the Captain shall decide the position of the players in the court.
19. The team shall change courts during the second half of the game.

FOULS.

1. When the ball touches the rope.
2. When the ball passes under the rope.
3. When the ball falls into the neutral ground—counts against side sending the ball.
4. Tapping the ball over the lines—counts against side receiving the ball.
5. Deliberately hitting a player with the ball.
6. Falling down with the ball.
7. Audible signals.
8. Needlessly rough playing.
9. Unnecessary protests.
10. Talking, or any disturbance of the game.
11. Running all over the court.
12. Stepping over, or on, the lines.
13. Playing out of Boundary Lines.
14. Needlessly high ball.
15. Dropping the ball.
16. Any violation of the rules of the game.

TACTICS.

The object of the game is to secure the ball, guarding the ground on which you stand, as that will prevent the opposite team's securing a "touch-down." Learn to throw curved balls that will clear the rope, and that will be difficult for opponent to catch. Remember that "out" balls are simply a waste of time. Make a careful distribution of players. Do not put all the best players together. Look for the enemies' weakest defense and throw your ball in that direction. While the players do not have to stand in a given position, it is well to prevent general running over the field, as that confuses the players and obstructs the play. A limited radius should be understood for each player; and to secure the best team work, the player who receives the ball should throw it. Never look in the direction you intend to throw the ball. Remember it is skillful, rather than violent playing that secures the game. Vary your plays; do not always aim in the same direction. Try to help your team by giving it your best effort; but do not get in to the way of other players, and **DO NOT TRY TO DO ALL THE PLAYING YOURSELF**. Again, remember, to win, the **ENTIRE TEAM** must work.

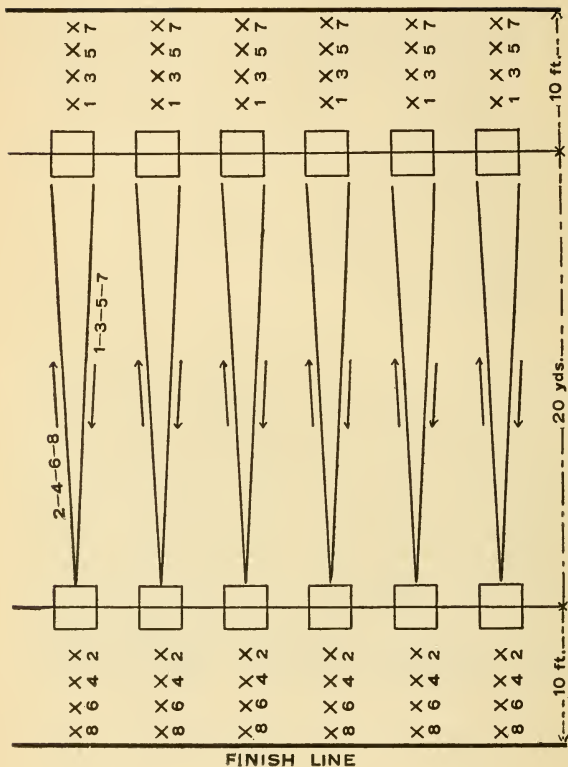


DIAGRAM SHOWING LINE-UP, DISTANCES AND ARRANGEMENT OF PLAYERS IN POTATO RELAY RACE.

Potato Relay Race

For girls of the 5A and 5B. (8 in a team.)

The Potato Relay Race consists of a contest between teams of eight girls from the 5A and 5B grades.

The competitors line up standing behind two stands, which are 20 yards apart. The 1st, 3d, 5th and 7th girls stand behind one of the stands and the 2nd, 4th, 6th and 8th stand behind the opposite one. At the signal No. 1 takes her place on the right side of her stand. At the pistol shot she runs to the opposite stand from which she brings one potato and places it on her own stand, which is empty; having placed this potato on the stand she runs and touches No. 2 girl, who has taken her place on the right side of her stand, toeing the mark. The touch off is made the same as in the Indian Club Relay. After No. 1 makes the touch off she takes her place on a line 10 ft. back of the starting line and sits down. The same order is followed by numbers two, three, four, five, six, seven and eight. No. 8 finishes the race by crossing the opposite starting line and holding up her hand. (Each girl will run 60 yards.)

The potatoes must be on the stand, if they roll off they must be put back by the one who makes the mistake, otherwise the team shall be disqualified.

Dodge Ball Contest

For girls in the 5A and 5B, also 4A and 4B Grades.

To enter Dodge Ball girls must be 4 feet 10 inches or less in height and must be over 9 years and less than 13 years of age.

A Dodge Ball contest consists of sixteen pupils on a side, arranged in the following manner: A circle 36 feet in diameter is drawn and one team takes its place arranged outside the circumference so that the spacing shall be equi-distant between the players. Another team takes its position scattered anywhere inside the circle.

A Spalding indoor base ball, seventeen inches in circumference, is given to one of the outside players and at the signal, the ball is thrown in such a manner as to hit one of the players inside the circle. Should the ball hit a player in the circle that player becomes dead, and takes her place on a line which is assigned

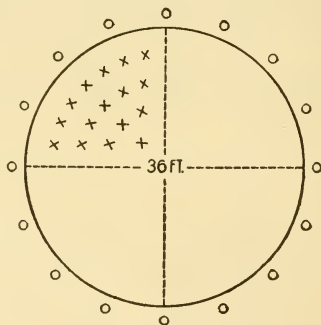


Diagram Illustrating Dodge Ball.

somewhere without the field of play. The play is continuous until the expiration of the time limit, which is three minutes.

In the second half the players reverse their positions and at the end of the time the team having the fewest number of dead players wins the game.

The ball is thrown by any player around the circumference. A player may leave the circle to get the ball, but the ball must not be thrown at the opposing side except from outside the line. A player shall be disqualified if she throws the ball standing on or inside the line. When disqualified she must drop out of the circle and remain on a line drawn on the opposite side of the circle to the dead players, until her team goes to the inside of the circle. A dead player counts one point for the opposing side; a foul counts one point against the side making it. A player, disqualified for throwing the ball either from on or inside line, forfeits one point in addition to being disqualified. A player of the inside team leaving the circle is dead. In case of a tie score, the game shall be awarded to the side making the fewest fouls.

Preliminary games will be arranged for in the various schools and the winners of the leagues will meet at the armory or other designated places for the final games.

20-Yard Team Race

For girls in the 4—A and 4—B Grades. 20 girls on a team.

The girls line up one behind the other back of the starting line. The starter stands at the finish line and starts the girls one at a time by waving a handkerchief. A Referee stands by the girl at the starting line and lets one after another go at the signal of the handkerchief which is made as each girl finishes. The timer starts his watch with the first girl and keeps it going until the finish of the last or twentieth girl. The team that runs in the shortest time wins.

Rules Governing Girls' Athletic Contests

1. The competition shall be between girls of the same grade.
2. In case of mixed grades, the contestants shall be classed according to the grade of work in physical training done in the classroom.
3. The judges shall be selected by the executive committee of the Newark Public School Athletic Association.
4. The same rules in regard to deportment and application to study shall apply as to the boys.
5. First, second, and third prizes and a pin for the fourth place will be awarded for each event.
6. First place will count five points, second place will count three points, third place will count two points, fourth place one point.

7. The last girls on a relay team should wear a broad sash with a number as a distinguishing mark, sashes to be different colors. The same could be purchased by the different schools or by the P. S. A. A.

POINTS.

8. The points will be counted for these events the same as they are for the boys' athletic events. The points made by the girls will count in the total points made by the school in its girls' and boys' athletic and gymnastic meets and will, therefore, help a school materially in winning cups and banners.

SPECIAL TROPHIES FOR GIRLS' PRIZE EVENTS.

1. To the school winning the Oat bag relay.
2. " " " " " Chariot race.
3. " " " " " Indian Club and Flag Relay.
4. " " " " " Potato Relay.
5. " " " " " in Dodge Ball.
6. " " " " " Captain Ball.
7. " " " " " Newcomb.

Girls' Standard Events

1. Throwing Basket Ball for Distance. 8A and 8B. Distance 40 feet (3 trials). Throw with one hand only.

2. Throwing the Oat Bag for height. 7A and 7B. Round oat bag weighing 4 lbs. Distance 17 ft—3 trials—(Throw with both hands.)

RULE. The contestant may jump from the ground and must hit a round disc, 20 inches in diameter with the 4 lb. oat bag.

3. Hand Walk on 16 foot Horizontal Ladder. For pupils of 6A and 6B.

The contestant shall place herself under one end of the ladder and without assistance jump and catch overgrasp the rungs of the ladder. She shall then "walk" the full distance moving one hand at a time. When she has reached the end she shall turn around, and grasp the first rung of the ladder, and then "walk" back on the rungs. Contestant may skip rungs by swinging and reaching forward; or she may return, after turning round, on sides of ladder, using over grasp if she chooses.

Only one trial shall be allowed.

4. 30 yard dash. For pupils of 5A and 5B. Time 5 seconds.

5. For the fourth year the girls shall throw a Spalding indoor base ball for distance, the distance to be 30 feet. Ball to be 17 inches in circumference.

Newark Public School Athletic Association

Athletic Rules of the Newark Public
School Athletic Association

Constitution and By-Laws of the Newark
Public School Athletic Association

Class Athletics and Class Events

School Records

Rules for Conducting an Athletic Meet

The Ethics of Competition

Hints on Training



SENIOR 880-YARD RELAY.



STANDARD 30-YARD DASH FOR FIFTH YEAR GIRLS.

Athletic Rules of the Newark Public School Athletic Association

RULE 1. The Public School Athletic Association of Newark, New Jersey, recognizes as athletic members all public school boys and girls, members of Newark elementary schools and high schools.

RULE 2. Attendance of at least three months in the school system shall be required of all pupils before they shall be entitled to represent their school in athletics. No elementary school pupil coming from another city or town shall represent the school unless he has attended school for twelve school weeks. Only those pupils who in deportment and attention to study have been satisfactory shall be entitled to represent the school in athletics. The age limit for competition in events of the elementary schools shall be from nine to seventeen inclusive. *No boy will be allowed to enter in more than two events, one field event and one track event—except in the relay. Only three boys are allowed from each school, to enter a prize event.* Only pupils who are in the standing of amateurs shall be eligible to represent the school. No entry shall be accepted unless countersigned by the principal of the school.

RULE 3. The classification of competing athletes shall be recognized in the name of juniors, intermediate and seniors.

CLASSIFICATION FOR ALL EVENTS.

Adopted, January 29, 1910.

JUNIOR	Boys must be over nine and under thirteen, and less than four feet, ten inches in height.
INTERMEDIATE	Boys under fifteen, and not over five feet, three and a half inches in height.
SENIOR	Under eighteen, any height.
NOTE	If a boy is over either age or height, he goes into the class above; for instance, a boy twelve years of age, four feet, ten and a half inches high, would be in the INTERMEDIATE class, or, a boy fourteen years of age, five feet, four inches high, would go into the SENIOR class.
NOTE	Measurements to be made in STOCKING FEET.

RULE 4. There shall be certain standard events for each classification, qualifications in which will entitle competitors to special buttons.

One button will be given for each event if the standard is made by the contestant. A special button will be given to contestants winning two different standard events at the same meet. A special button equal in value to three buttons will be given to any pupil winning three buttons in different events under these rules. This will necessarily take two years. The standards are as follows:

BOYS' STANDARD EVENTS.

JUNIOR	Standing broad jump—5 ft. 10 in. Chinning the bar—9 times. 50 yard dash—7 2-5 seconds.
INTERMEDIATE	Running broad jump—11 feet 9 inches. Running high jump—3 feet 6 inches. Chinning the bar—9 times. 75-yard dash—10 2-5 seconds (Time subject to change)
SENIOR	Running broad jump—12 ft. 9 in. Running high jump—3 feet 9 inches. Chinning the bar—9 times. 100-yard dash—13 1-5 seconds. Class event, a 100-yard dash (80 per cent of the boys in a class to enter).

RULE 5. The following shall be a special list of championship events for the elementary schools:

BOYS' PRIZE EVENTS.

JUNIOR	50-yard dash. Running high jump. Running broad jump. 440-yard relay race (4 boys to a team).
INTERMEDIATE	75-yard dash. Running high jump. Running broad jump. Standing, hop, step and jump. Putting the 8-pound shot. 600-yard relay race (4 boys to a team.)

SENIOR

- 100-yard dash.
- 220-yard dash (boys in this race not eligible for relay).
- 120-yard hurdle race (all hurdles to be left standing in order to make a record; if more than 3 hurdles are knocked down, contestant is disqualified).
- Running high jump.
- Running broad jump.
- Running, hop, step and jump.
- Pole vault.
- Putting the 12-pound shot.
- 880-yard relay race (4 boys to a team).

RULE 6. All entries must be in the secretary's hands at such time as designated by the executive committee. Each principal will be provided with an entry blank on which to make formal entries for the several events. The games committee may reject any entry it may deem objectionable.

RULE 7. Prizes will be the same as hertofore, viz., 1st, 2nd, 3d prize. A button will be given for fourth place.

RULE 8. Special trophies will be given as follows:

1. To the school scoring the most points (boys and girls).
2. To the school scoring the most points in standard events (boys and girls).
3. To the school scoring the most points in boys' events.
4. To the school scoring the most points in girls' events.
5. To the school winning the senior relay race.
6. To the school winning the intermediate 600-yard relay race.
7. To the school winning the junior relay race.
8. To the school having the greatest number of points in field prize events.
9. To the school having the greatest number of points in track prize events.
10. To the school having the greatest number of points in both field and track prize events.
11. To the school furnishing the greatest number of competitors who broke last year's records.

RULE 9. In all relay races no more than five teams shall be run in a heat. In all running events no more than six shall be entered in any heat. The captain of each school team shall go with the clerk of the course and see that his men are placed in their proper position on the track.

RULE 10. The uniform entrance fee for all contestants shall be ten cents. This includes admission to the field. Admission to the stands for pupils shall be ten cents, adults twenty-five cents.

RULE 11. All athletic meets shall be run according to the rules of the Public School Athletic Association.

RULE 12. Points. First prize shall count five points, second prize three points, third prize two points, fourth place one point. Those teams winning in the relay races are credited with double the number of points mentioned above.

RULE 13. There shall be an official physician in attendance.

RULE 14. Relay teams will be allowed to enter substitutes in each event.

RULE 15. Outdoor track and field base ball, foot ball and basket ball championship meetings shall be held annually at such times and places as may be decided upon by the executive committee.

RULE 16. The awarding of trophies shall be on the basis of a ratio of total number of points to the total registration of the school for the month of April as found in the Superintendent's report. All pupils under one principal shall be considered as constituting one school within the meaning of this rule.

RULE 17. Boys in the senior class running in the 220-yard dash are not eligible for the relay race.

RULE 18. The following rules are to be followed in determining the schools entitled to the various trophies, banners and cups:

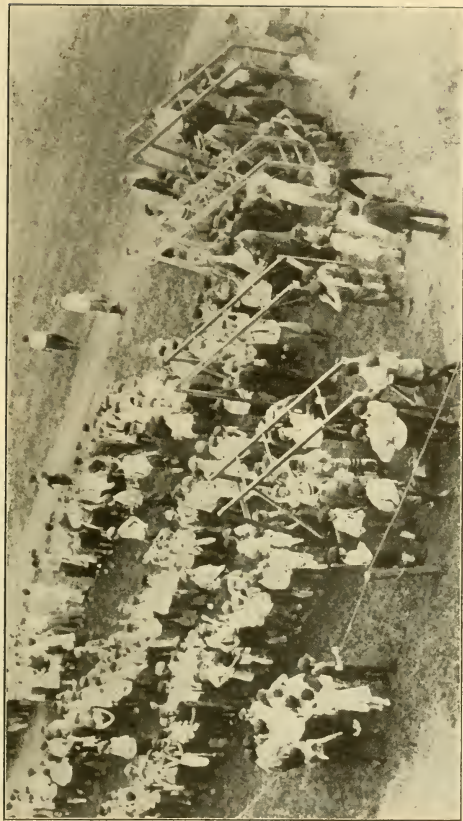
1. Use number of pupils in each school above the second grade as divisor (boys and girls) to determine the school entitled to the school banner.
2. (a) To determine the schools entitled to boys' banners and cups. Use number of boys above the second grade in each school as a divisor.
- (b) To determine schools entitled to girls' banners and cups. Use number of girls above the third grade in each school as a divisor.

NOTE.—The number of eligible girls to be determined by the number of girls in the grades which are eligible to participate.

NOTE.—The dividend in each case is the number of points won.

3. It is recommended that a certain per cent be added to the number of boys in the Boys' Industrial School in determining the divisor for that school.

NOTE.—The coefficient based on estimated number of participants in the Industrial school and number of non-participants in third, fourth and fifth grades in other schools to be 1.5



STANDARD CHINNING THE BAR.
More than Eleven Hundred Boys competed in this event.



"SAFE ON THIRD."



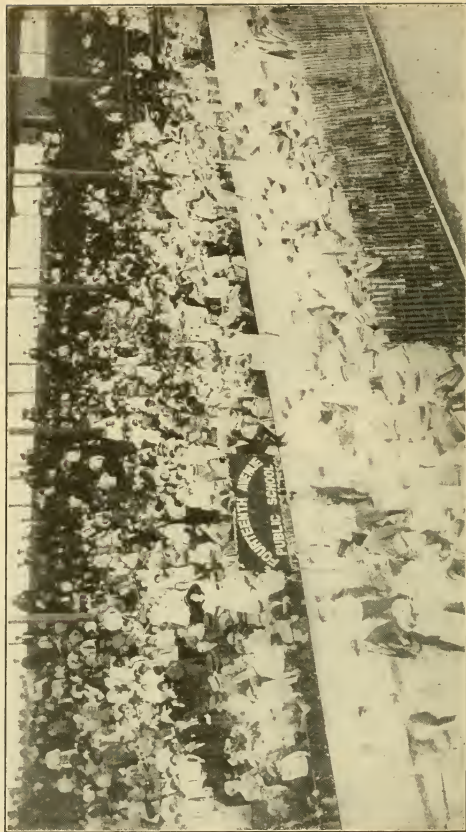
RUNNING BROAD JUMP.



STANDARD BASKET BALL THROW—EIGHTH YEAR GIRLS.



A JUNIOR GAME.



THE GRAND STAND.

Constitution and By-Laws of the Newark Public School Athletic Association

NAME.

This Association shall be known as the "PUBLIC SCHOOL ATHLETIC ASSOCIATION OF NEWARK, NEW JERSEY."

ARTICLE I.

OBJECTS.

The particular object for which the Association is formed is to promote useful athletics and gymnastics among the pupils in the elementary and high schools of the city of Newark, New Jersey; in connection therewith, to cooperate with and support athletic associations, provide athletic grounds and teachers, organize games, offer prizes, and conduct competitions.

ARTICLE II.

MEMBERSHIP.

SECTION 1. Membership shall consist of all principals of the city of Newark, the director of physical training and his associates and the director of compulsory education.

SEC. 2. Honorary officers and members may be elected.

ARTICLE III.

DIRECTORS.

SECTION 1. An executive committee of thirteen members shall have control and management of the affairs and funds of the Association.

SEC. 2. An executive committee shall be annually elected by the Association.

SEC. 3. The executive committee shall have power to fill vacancies which may occur in their body from time to time until the next annual election.

SEC. 4. Seven members shall constitute a quorum of the executive committee. An auditing committee, consisting of three members, appointed by the president, shall annually audit the books of the treasurer.

ARTICLE IV.

MEETINGS.

SECTION 1. The annual meeting of the Association for the election of officers and for such other matters as may properly come before it shall be held on the second Wednesday in December in each year, due notice of which meeting shall be sent by the secretary to each member. Election shall be by ballot.

SEC. 2. At any meeting of the Association, fifteen members shall constitute a quorum.

ARTICLE V.

OFFICERS.

SECTION 1. The officers of the Association shall consist of a president, vice-president, treasurer, secretary, and two assistant secretaries. All officers shall be on the executive committee.

SEC. 2. The officers of the Association shall be annually elected at the meeting of the Association held the second Wednesday in December.

SEC. 3. The president, vice-president, and treasurer shall perform the duties usually performed by such officers.

SEC. 4. The secretary shall attend meetings of the Association and of the executive committee and keep the minutes of the proceedings, recording ayes and nays upon all questions where such a vote shall be demanded by a member. He shall conduct and preserve all correspondence, serve all notices, and perform the usual duties of a secretary. He shall have the custody of all the papers relating to the affairs of the Association.

SEC. 5. The assistant secretaries shall perform such duties as are delegated to them by the secretary and shall assist him in preserving the records and taking the scores of all official events.

ARTICLE VI.

COMMITTEES.

SECTION 1. There shall be an executive committee composed of the president, vice-president, treasurer, secretary, assistant secretaries, director of physical training, and six associate members, elected annually by the Association which shall have all powers of the Association when not in session. This committee must meet to transact such business as is necessary on the second Wednesday in January of each year and shall also meet at the call of the president or the vice-president. Seven of this committee shall constitute a quorum.

SEC. 2. The executive committee shall constitute a games committee which shall have charge of all games and athletic

events authorized by the Association. This committee shall act upon all protests and complaints which arise in the conduct of any official athletic event. This committee may associate with it for the purpose of conducting athletic meets or gymnastic contests persons who are not members of this association.

SEC. 3. There shall be such other committees as may be authorized by the association or deemed expedient by the president or the executive committee. The members thereof shall be appointed by the president unless otherwise prescribed by the Association.

ARTICLE VII.

DISTRICT LEAGUES.

SECTION 1. Girls' and other auxiliary, associate or district leagues, may be established under regulations to be made by the executive committee.

SEC. 2. The Public School Athletic Association of Newark, New Jersey, shall assume control of all district base ball leagues, basket ball leagues, foot ball leagues, or such other sports as may be established in the public schools of Newark or in outlying districts which may wish to share the advantages of this organization.

ARTICLE VIII.

AMENDMENTS.

These By-laws may be changed or amended by the unanimous vote or the written consent of the Association without previous notice at any meeting of the Association. Also by a two-thirds vote of the Association at any meeting provided notice specifying the intended change shall have been given at a previous stated meeting or such notice shall have been served on each member at least five days before the meeting.

ARTICLE IX.

ATHLETIC RULES.

Athletic rules shall be made from time to time by the executive committee and are subject to change when deemed expedient for the best interests of the association.

Schools Which Have Won the Greatest

1911 TABLE

SCHOOLS	Junior 50-yard Dash	Junior Running High Jump	Junior Running Broad Jump	Junior 440-Yard Relay	Junior 50-Yard Dash	Junior Standing Broad Jump	Junior Chinning Bar	Inter. 75-yard Dash	Inter. Running High Jump	Inter. Running Broad Jump	Inter. Stand. Hop, Step and Jump	Inter. Shot Put	Inter. 660-Yard Relay	Inter. 75-yard Dash	Inter. Running High Jump
	Prize				Standard			Prize							Standard
Alexander St. . .					16	10	2							7	3
Avon Ave.					3	5	5							5	5
Belmont Ave. . . .					4	2	3							8	14
Bergen St.	2	5	1	4	48	23	22				6			32	11
Bruce St.															
Burnet St.					18	3	12							12	3
Camden St.					4		2							3	
Central Ave.						6	15	5			2		10	15	3
Charleton St. . . .															
Chestnut St.					5			1						1	
City Home.		3	2	2	4	5	5					1		4	1
Eighteenth Ave. . .					2	1								5	1
Elliot St.														5	
Fourteenth Ave. . .	1		5		18	32	27	3		8		5	2	22	3
Fifteenth Ave. . . .						1								3	
Franklin.				6	24	10	28		1					32	2
Hamburg Pl.					26	14	24						6	16	7
Hawkins St.					4	4								1	
Hawthorne Ave. . . .					9	8	11							5	1
Lafayette St.					4		2							4	1
Lawrence St.					2		7							2	
Lincoln.					5	1								1	1
Madison.					18	18	11							16	12
Miller St.					16	5	8							28	3
Morton St.					22	13	6					3		18	14
Newton St.					8	4	12		3				4	6	3
No. Seventh St. . . .		2			6		2							4	1
Normal.					2										
Oliver St.					24		26							18	
Roseville Ave. . . .					4		2								
Seventh Ave.					3		2							2	
So. Eighth St.					32	3	40			2				31	8
So. Market St. . . .					5	2	3							11	1
So. Tenth St.							6		5		3	2		3	
Summer Ave.	8			10	5	1	9	2						1	
Summer Pl.			3		7	6								1	
Sussex Ave.					26	32	28		2					23	15
Thirteenth Ave. . . .					8	2	1							12	4
Washington.					4	4	5							7	1

Number of Points In All Events

1911 TABLE (Continued)

Inter. Running Broad Jump	Inter. Chinning Bar	Senior 100-yard Dash	Senior 220-Yard Dash	Senior 120-yard Hurdle	Senior Running High Jump	Senior Running Broad Jump	Senior Run. Hop, Step and Jump	Senior Pole Vault	Senior 12-lb. Shot	Senior 880-yard Relay	Senior 100-yard Dash	Senior Running High Jump	Senior Running Broad Jump	Senior Chinning Bar	Girls	Total
Standard	Prize										Standard					
6 0 0 2	2 1 7 12					5					2 1 7		4 3 2		17 6 11 78 3 5 5	74 34 57 258 3 74 11 103
2 2 9	6 15		6								3 7	3 3 5		1 8		14 55 28 17 156 8 294 170 9 64 20 23 11 123 178 137 77 18 2 113 6 17 307 53 23 39 21 229 39 39
5 2 6 9 3	4 1 3 6				1 2		3		5 3 1	2	3 3 11	4 1 1 8	2 1 1 4	3 2 1		
14 13	27 14	3	5	4	8		3	6		10	13	3	5	12 2	89 68 48	
8 0	6 7 3										1			1 4	17 5 1	
1 7 19 2 2 4	5 6 5 6 2	5		2			2 6			4	2 11 9 4 0	4 7 6 0 0	9 2 1 1	2 3 2	28 53 31 12 7	
	18														26	
2 14 8 2	5 15 2 3 1 1 3 2 4	1		4	3	3		2		6	1 11 2	11 1	1 1	1 4 2	105 21	
1 23 4 4	3 3 2 3	2									5 1	6 4 1	3 0 1	1 1 1	2 72 8	

Class Athletics

100-YARD DASH.

(80 per cent of the boys of the class to enter.)

The classes of the same grade compete against each other. At least 80 per cent of the boys of the class line up behind the starting marks. The starter stands on the finish line and starts the race by waving a handkerchief. At the signal the first boy of the class runs from the mark, and as soon as he is well off the next boy in line takes his position on the mark, watching the starter. The starter repeats the signal of waving the handkerchief as soon as the first boy has crossed the finish line, and this is repeated until the entire class has run the distance. The stop watch is started with the first signal and is not stopped until the last boy has run. Thus the total time is recorded.

Of course the classes either run the same number of boys in the race or the average time is calculated and the class making the best average wins.

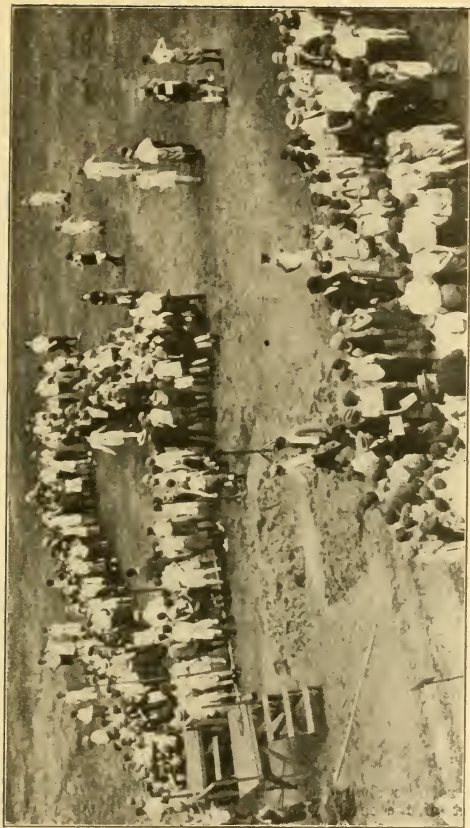
The Judge or Timer calls fouls for the boy who starts before the signal, thereby disqualifying the team.

Class Events

Competitive Standing Broad Jump by Classes.

(Every member compelled to take part in the competition unless excused.)

No. of Classes	BEST GRADE BOYS' JUMP	BEST GIRLS' JUMP	BOYS' AVERAGE	GIRLS' AVERAGE	CLASS AVERAGE
49	5B Oliver St., 7	Chestnut, 6	Avon, 5-4	Elliot, 4-3	Elliot, 4-9
42	5A Oliver, 6-9	Avon, 5-6	Belmont, 5-6	Miller, 4-2	Hawtho'e, 4-7
34	6B So. 8th, 8	Bergen, 5-3	South 8th, 6	Chestnut, 4-4	Chest't, 4-10
30	6A Bergen, 7-6	Sum'r Ave., 6	Elliot, 5-8	Sum'er, 4-9	Bergen, 5-1
27	7B Miller, 7-3	Chestnut, 6	13th Av., 5-10	So. 10th, 4-8	13th Av., 5
23	7A Bergen, 7-3	Newton, 5-6	So. 10th, 5-10	So. 8th, 4-8	So. 8th, 5-2
19	8B Bergen, 7-9	Hamburg, 6-6	Hamburg, 6	Hamburg, 4-6	Hamburg, 5-3
22	8A Washington, 8 Alex'nder, 8	Alex'nd'r, 5-9	Bergen, 6-6	Miller, 4-5	Bergen, 5-4



THE HIGH JUMPS.

Rules for Conducting an Athletic Meet

RULE I.

OFFICIALS.

Every athletic meet of the Public School Athletic Association shall be under the control of the following officials:

- The executive committee.
- A field marshal.
- An assistant field marshal.
- A referee.
- An assistant referee.
- Three or more judges at finish.
- Four or more field judges.
- Three or more inspectors.
- Three or more time keepers.
- One starter.
- One assistant starter.
- One clerk of the course with assistants.
- One announcer.
- One assistant announcer.
- One chief scorer.
- Two assistant scorers.
- Official reporters.

RULE II.

EXECUTIVE COMMITTEE.

The executive committee will have general supervision but shall not interfere with the officials in the performance of their duties. The referees shall settle all protests within their usual power, but those concerning a boy's amateur standing or his attention and deportment must be referred to the executive committee.

RULE III.

REFEREE.

The referees shall decide all questions relating to the actual conduct of the meet, whose final settlement is not otherwise

covered by these rules. He shall disqualify for fouls. He shall disqualify for ungentlemanly conduct. He may decide the manner in which ties are to be settled. And the referee alone shall signal the starter that everything is in readiness for the race or event. The referee may delegate his authority when it will facilitate the meet.

RULE IV.

INSPECTORS.

The inspectors shall watch closely the conduct of all competitors during the meet and in case of a foul, they shall make a report at once to the referee. They have no power to make decisions.

RULE V.

JUDGES.

The judges shall stand at the finish line and pick the contestants in the order in which they cross the finish line. Their decision is final and without appeal. In case of disagreement the majority shall govern. A competitor crossing the finish line without a number shall not be selected by the judges unless with the consent of the referee. The judges shall measure all distances of field and track events.

RULE VI.

THE TIME KEEPERS.

They shall time all events which are recorded by time and shall report to the referee. Should two of the three watches mark the same time and the third disagree, the time marked by the two watches shall be accepted. Should all three disagree, the time marked by the intermediate watch shall be accepted. The flash of the pistol shall denote the actual start of the race or heat.

RULE VII.

THE STARTER.

The starter shall be in charge of the competitors after they have been assigned to their marks by the clerk of the course.

He shall start the heat or race by the report of a pistol. The following formula shall be used by the starter:

1. "On your marks."
2. "Get set."
3. The report of the pistol.

Until the pistol has been properly discharged, it shall not be considered an actual start, and in case the pistol goes off accidentally, the starter shall recall the competitors by discharging his pistol twice. A false start is one where any part of the person of a competitor touches the ground in front of his mark before the starter properly discharges his pistol. The following penalties are imposed by the starter for false starts: In all races up to and including 125 yards the competitor shall be put back one yard for the first and one more for the second attempt; in races over 125 yards and including three hundred yards, two yards for the first and two more for the second attempt; in races over 300 yards and including 600 yards three yards for the first and three more for the second attempt; in races over 600 yards and including 1,000 yards four yards for the first and four more for the second attempt. In races over 1,000 yards and including one mile five yards for the first and five more for the second attempt.

RULE VIII.

THE CLERK OF THE COURSE.

The names and numbers of all competitors in each event shall be given to the clerk of the course who shall call them by name and check them off on the programme before the meet is begun. He shall afterwards assign them to their marks. The clerk of the course shall not allow any competitor to start without his number except with the consent of the referee. The assistant clerks of the course shall perform whatever duties are assigned them by the clerk of the course.

RULE IX.

THE SCORERS.

The scorers shall keep track of the order in which each competitor finishes and also the time for the event. He scores all points and announces the various winners and the schools who have taken the most points. The Assistant Scorers are

subject to the Chief Scorer and shall perform whatever duties are assigned by him.

RULE X.

THE MARSHALS.

The marshal shall prevent any but officials and actual competitors from entering upon the track or inner circle or remaining therein.

Any competitor entering into the inner circle and not there for the purpose of competition must leave at once upon the request of the marshal. If, after the second request, the competitor shall refuse to leave the track, the marshal or his assistants must report the matter to the referee who may disqualify the offender. The marshal shall have general oversight of the boys and shall be the general director of the track and field.

RULE XI.

THE OFFICIAL ANNOUNCER.

The scorers shall make known to the official announcer the results of each event, and he shall announce them to the spectators.

RULE XII.

OFFICIAL REPORTER.

The official reporter shall receive from the scorers the order of finishing and the time and distance made by the competitors in the field and track events. This information he shall immediately make known to the representatives of the press.

RULE XIII.

THE INNER CIRCLE.

Only officials and actual competitors shall be allowed within the inner circle. Competitors must leave the inner circle immediately after finishing their event or when requested to do so by the proper authorities.

No attendant, friend, or trainer shall be allowed to accompany the competitors on the track or in field.

RULE XIV.

THE COMPETITORS.

The competitors shall report to the Clerk of the Course at the starting point of each competition, after they have been called to the inner circle.

Each contestant must provide himself with a number corresponding to the number opposite his name on the programme. This number he must wear conspicuously while he is competing, and without it he shall not be allowed to start except with the consent of the referee.

If in a dash race the competitor does not confine himself to his own lane, but instead crosses into the lane of his opponent, the referee shall disqualify him. In all races the competitors shall run on that part of the track they were assigned without crossing over in front of their opponents unless they are at least two paces in advance of the nearest competitor. Any jostling, crossing in front of, or otherwise impeding the opponent will disqualify the offender from that event.

The referee shall further disqualify from the meeting any competitor, who in his opinion, is trying to lose, to coach, or otherwise to impede in any way the chances of another competitor. The referee shall notify the Executive Committee of such offence, who will take further action.

Any competitor acting in an ungentlemanly manner, whether towards competitors, spectators, or officials, may be disqualified by the referee from all other participation in competition, and if the referee thinks the offence merits further punishment, he shall make full report on the case to the Public School Athletic Association for further action.

RULE XV.

PROTESTS.

Protests against any competitor entering any games may be made verbally or in writing to the Executive Committee before the meet or to the referee during the meet.

If the protest is a claim of foul committed during the meet, the referee shall decide the matter at once.

If possible the Executive Committee shall decide all protests before the events are run off. If it is a case requiring the taking of evidence, the Executive Committee shall decide the matter within one week after the date of the games.

When a contestant is allowed to compete under protest, the prize that he may win shall be withheld until the case is settled.

RULE XVI.

THE TRACK.

The distance to be run shall be measured on a line eighteen inches outward from the inner edge of the track.

In straightaway races, distance shall be measured in a direct line from the starting mark to the finish line.

RULE XVII.

THE COURSE.

In straightaway races lanes shall be laid out for each competitor by means of stakes driven into the ground to which cord is attached. Each contestant shall run in his own lane.

In all championship races, position shall be drawn for, and the drawing shall be in the names of schools. The Clerk of the Course shall not allot positions. The school having the first choice shall have first position next to pole; the school having second choice, second position, etc. If possible there shall not be two contestants from one school in the same heat.

RULE XVIII.

THE FINISH.

The finish of a course shall be represented by a line between two finishing posts drawn across and at right angles to the sides of the track. Four feet above the ground shall be placed a tape attached to both finishing posts.

The finish of any race shall be counted when any part of a competitor's body except his hands and arms shall reach the finish line.

No competitor shall be considered to have finished unless his entire body shall have crossed the finish line.

RULE XIX.

RELAY RACING.

A line shall be drawn twenty feet in front of each starting line. Between these two lines each runner must touch the

succeeding runner. Failure to do this shall disqualify the team in that event. There shall be judges of relay racing whose duties it shall be to see that all touches are properly made.

RULE XX.

THE SHOT.

The shot shall be put with one hand, and in making the attempt it shall be above and not behind the shoulder. All puts shall be made from a circle seven feet in diameter. The circle shall be a painted or whitewashed circle and on one side a stop-board four feet long and four inches high shall be firmly fastened to the ground. In making his put a competitor shall rest his foot against but not on top of the stop-board.

That put shall be considered a fair put when no part of the body of the competitor touches the top of the stop-board, the circle or the ground outside the circle, provided the competitor shall leave the circle by its rear half, which shall be the half directly opposite the stop-board. A put shall be considered foul if any part of the body of the competitor shall touch the ground outside the front half of the circle before the put is measured.

The field judges shall measure each put from the nearest mark made by the fall of the shot to the circumference of the circle on a line from the mark made by the shot to the center of the circle.

Foul puts and letting-go the shot in making an attempt shall be counted as trials without results.

Each competitor shall have three trial puts, and the first, second, and third in the trials shall have three more trials each in the final.

The best put made by a competitor whether made in the trials or finals shall count as his best put, and the result will be decided accordingly.

RULE XXI.

RUNNING HIGH JUMP.

A fair jump shall be one that is made without the assistance of weights diving, somersaults or hand springs of any kind.

The bar shall be a thin stick two inches in width and shall rest on pins which shall project not more than three inches from the uprights. When the bar is knocked off it shall constitute a trial jump without result.

The height at which the jump shall commence and the height to which it shall be raised at each succeeding jump shall be decided by the field judges.

The height shall be measured from the middle of the bar to the ground in a perpendicular line.

Each competitor shall be allowed three trial jumps at each height, and if on the third trial he shall fail, he shall be declared out of the competition.

At each successive height each competitor shall take one trial in his proper turn; then those failing, if any, shall have their second trial in a like order, after which those who have failed at the second trial may take their third and final trial at that height.

A competitor may decline to jump at any height in his turn and by so doing, forfeits his right to jump again at the height declined.

If, however, a competitor takes a trial at any height and fails in his first trial he shall not pass the other two trials.

Running under the bar in making an attempt to jump shall be counted as a balk, and three successive balks shall constitute a trial jump.

There shall be no limit to the run a competitor may take before attempting a jump.

RULE XXII.

RUNNING BROAD JUMP.

A joist two inches wide on the top shall be sunk at least five inches into the ground so that the top is flush with the running path. The outer edge of the joist shall be called the scratch line, and the measurement of all jumps shall be made from it at right angles to the nearest break made in the soft ground, or in the turf or earth outside the soft ground, by any part of the body of a competitor.

In front of the scratch line, the ground shall be removed to a depth of three and a width of twelve inches outward.

A foul jump shall be one where the competitor in jumping off the scratch line makes a mark on the ground immediately in front of it or runs over the line without jumping, and shall count as a trial jump without result.

Each competitor shall have three trial jumps, and the competitors finishing one, two, three in the trial jumps shall each have three more trial jumps.

The competition shall be decided by the best of all the trial jumps of the competitors.

A fair jump shall be one that is made without the assistance of weights, diving, somersaults, or hand springs of any kind.

RULE XXIII.

STANDING BROAD JUMP.

The feet of the competitor may be placed in any position, but shall leave the ground once only in making an attempt to jump. When the feet are lifted from the ground twice or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock back and forward lifting heels and toes alternately from the ground but may not lift either foot clear of the ground nor slide either foot along the ground in any direction.

In all other respects the rules governing the running broad jump govern the standing broad jump as well.

RULE XXIV.

POLE VAULT.

The height at which the vaulting shall commence and the height to which the bar shall be raised at each succeeding vault shall be determined by the field judges.

The height of the bar shall be measured as in the running high jump. Each competitor shall have the same number of trials as in the running high jump. The method of making trials shall govern as in the running high jump. Displacing the bar counts as a trial.

Leaving the ground in an attempt shall constitute a try.

A line shall be drawn fifteen feet in front of the bar and parallel with it; crossing this line in an attempt shall be a balk.

Two balks shall constitute a try. A competitor may decline to vault at any height, but if he fails at the next height he shall not be allowed to go back and try the height he omitted.

If, however, a contestant takes one trial at any height, he shall not pass the other two trials.

Any competitor shall be allowed to dig a hole not more than one foot in diameter at the take-off in which to plant his pole.

This pole shall have no assisting devices except that they may be wound or wrapt with any substance for the purpose of afford-

ing a firmer grasp and may have one spike at the lower end. The pole shall be unlimited as to size and weight.

No competitor shall, during his vault, raise the hand which was uppermost when he left the ground to a higher point on the pole, nor shall he raise the hand which was undermost when he left the ground to any point on the pole above the other hand.

RULE XXV.

THE HURDLES.

In the 120-yard hurdle race ten hurdles shall be used; height of hurdles to be decided upon by the Executive Committee (present height is two and one-half feet). They shall be placed ten yards apart with the first hurdle fifteen yards distant from the starting point and the last hurdle fifteen yards before the finish line.

In making a record it shall be necessary for the competitor to jump over every hurdle in its proper position, nor shall the performance be considered a record unless every hurdle is left standing.

RULE XXVI.

CHINNING THE BAR.

Boys chinning in competition may take any grip they choose (over grip or under grip or over and under grip), but the chinning must be done without swinging and the arms must be extended to full length each time before the chin is raised above the bar. Good form will be insisted upon by the judges. A boy cannot start chinning from a jump; he must hang an instant before commencing.

RULE XXVII.

RUNNING.

All runs are started by a pistol shot fired by the starter. The commands given by him preparatory to starting a race are:

1. "On your marks."
2. "Get set."
3. After a short interval the starter fires a pistol.

After the first command the contestants hurry to the starting line and take their places as assigned to them.

At the second command, all make ready for the start, each one assuming the position best suited to his style. Usually the "crouching start" is the better way.

The pistol shot comes next and is the signal to run.. Should anyone start before the pistol is fired he is penalized.

RULE XXVIII.

STANDING, HOP, STEP AND JUMP.

The competitor shall stand with one foot toeing the mark, the other leg raised clear of the ground, and from this position makes his first hop, landing on the same foot from which the start is made. He shall then make the step to the other foot without pause, and then from this leg, jump landing on both feet. In all other respects the rules governing the Running Broad Jump will govern the Standing, Hop, Step and Jump.

RULE XXIX.

RUNNING, HOP, STEP AND JUMP.

The rule governing the Running, Hop, Step and Jump is the same as in the Standing, Hop, Step and Jump, except that it shall be made from a running start.

RULE XXX.

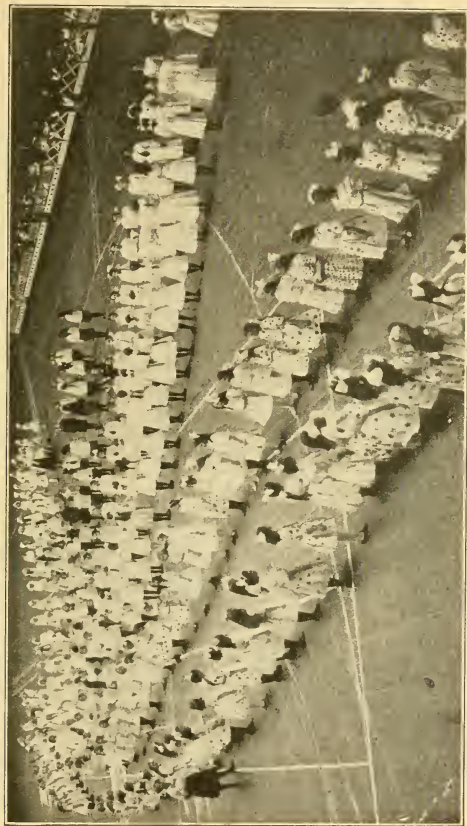
TIES.

In case of a tie, the officials shall raise or lower the bar at their discretion, and those competitors who have tied, shall be allowed one trial at each height.

RULE XXXI.

COSTUME.

Only the boys with pants reaching approximately to the knees, and shirts that adequately cover the body shall be allowed to compete.



AT THE FOLK DANCING EXHIBITION.

The Ethics of Competition

OBEDIENCE TO RULES.

It is impossible to conceive of games without rules; for all they are necessary. They have been carefully thought out by experts, with the intention of making the games interesting, fair to all taking part, and, where great activity is required, as in basketball, football, soccer and baseball, to prevent injury to the players.

Without question, before beginning to play, these should be read, and should be thoroughly understood. Then after a full understanding, the next thing is strict obedience to them. Unfortunately, this is not always the case; at times, in order to gain some advantage over an opponent, or opposing team, there is a temptation to infringe upon the rules, but when one stops to consider the ethics of this, he must confess that such action is absolutely wrong. It is taking an unfair advantage, and may, also, lead to further infringement, which will spoil the game.

ABIDE BY THE DECISIONS OF THE JUDGES.

To see that rules are strictly carried out, a judge, an umpire, or a referee is appointed, and he is expected to be perfectly unbiased in his decisions. But however careful he may be, now and then, he may make a mistake. At such times, the players should realize the difficulty of his position, and should abide by his decision.

Should, however, a decision be manifestly unfair, the captain of the team is the proper one to protest to the umpire; he is the one to do the talking, and while he is doing it, the other players should keep their places, for there is nothing more undignified than a crowd of baseball players, for instance, rushing towards the umpire, and clamoring their protests. As a matter of fact, they can accomplish nothing because of their noise. Such disputes must be settled by cool heads with quiet argument, and the captain is the one to do it.

If he is unable to make a satisfactory settlement, do not further delay the game, nor refuse to play, but continue under protest, and later such protest can be laid before the proper authorities for their decision.

GENTLEMANLY CONDUCT.

Sometimes, when games are being played, remarks are made about the personal appearance of an opponent, or his race is

held up to ridicule. Clearly this is not clean sport, and should not be indulged in for a minute. By all means avoid such personalities; ever keep in mind that rarely is a person responsible for his facial appearance, and that all races have good qualities, and have produced great works. A broad minded person looks for good points in others, rather than for some peculiarity.

Sometimes, when there has been a close or a wrong decision, individual players, or even whole teams, or the backers, or all, conduct themselves in a most unbecoming manner. They gully the umpire, hoot and yell, and sometimes indulge in bad language. The same thing sometimes happens when the game is going against a team, and then the opponents are treated in a similar way. It also sometimes happens that players quarrel among themselves, and indulge in unbecoming remarks. Sometimes, after a game, a team and its backers quarrel with their opponents.

All such conduct is not proper, and should be strictly avoided. Be courteous to your superiors, your umpires, and to one another.

It frequently happens that emphasis is put upon the poor plays of the opponents, rather than upon the good plays of one's own team. Such is also the attitude of the backers. It would seem better to applaud the good plays, rather than to jeer at the bad: be generous enough to appreciate and applaud the good plays of your opponents.

A courteous player never attempts to do injury to another. Games won by such foul means were better lost.

POSSESS GOOD NERVE.

Frequently, a team competes with one that is far its superior. This is the time when good nerve is required. Don't be discouraged, don't make petty complaints, don't give up the game, but play for all you are worth, and you will not only feel happier yourselves, but you will have the respect of others.

TEAM WORK.

When two or more players are on a side, they constitute a team. Clearly when teams play, the individual players must subordinate themselves for the general good of the team. Each must keep in mind that a great responsibility rests upon him in his position, and that as far as possible he should keep that position. It may seem to him, at times, that he should like to take a more active part in whatever play is being made at a particular time, but as a matter of fact failure to play his posi-

tion might lose his side the game. During an entire game, he may not have opportunity to make any marked play, but if he has played his position to his utmost, he should be satisfied in the consciousness of having done his duty. It is this team work that means victory.

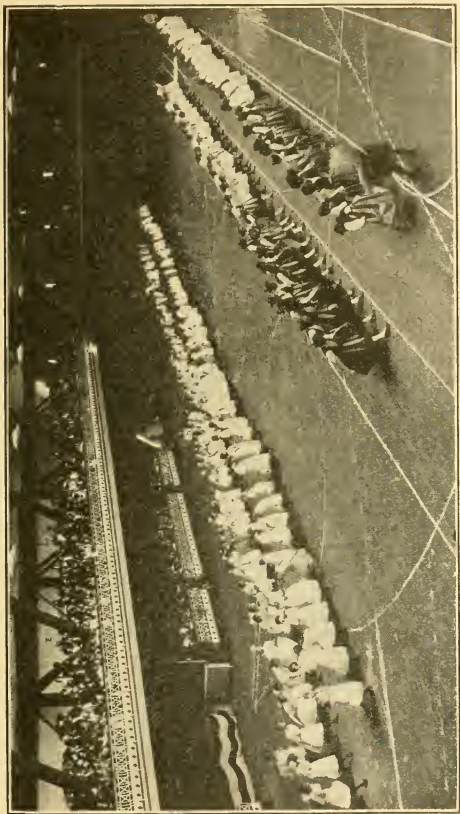
HONESTY.

Frequently, a participant is the only one who knows the truth about a play, under dispute, and by keeping silent, or by not telling the truth, points would be gained by his side. At such times, the best course is honesty; tell the truth even though it may hurt your side. Get above the idea of winning at any price.

Usually, classifications are made according to age, and at times there is a temptation to misrepresent the fact, in order to place one's self in a different class. Clearly this procedure will not stand the test of conscience, and should never be attempted.

CHARACTER.

In all athletics, keep in mind that while you play to win there is something higher than this. It is Character. Get self-control, play fair, be courteous to all, and ever act like a gentleman.



THE CURTSEY.

Hints on Training

The following are a few suggestions to boys who are endeavoring to better their physical well-being by competing in athletic amusements.

RUNNING.

If you have speed and lack endurance, run more than your distance at three-quarter speed. If on the other hand you lack speed, run three-fourths your distance at top speed.

RUNNING BROAD JUMP.

The sprints must be practiced faithfully if one desires to excel in this event. Form should be acquired first of all. The essential points to work for are the stride, the take-off, and the rise after leaving the board. One must practice the sprint until he can reach the take-off board with the same foot in exactly the right place time after time without losing speed. After leaving the board the knees should be drawn up to the chin, and the eyes kept on a point some distance beyond where you are able to jump.

It is well to pace your distance and mark the third and seventh stride. Then you will have two marks to aid you in striking the take-off.

Determine the location of take-off, and mark the third and the seventh strides from that, so the jumping foot strikes the take-off. Don't attempt too much jumping, for over-exertion may result in a strained tendon. Always limber up first by short sprints, jogs, and easy jumps. On the first attempt, try more for form than distance, and be sure of the take-off. The highest speed should be reached at the take-off and at the moment when the body is gathered for the jump. Unless the speed is considerable the jumper cannot throw his legs forward to the full limit. Get elevation in a jump. To get height, in practice use jumping standards placed some distance from the take-off. Keep the arms well forward and fix the eyes on a point considerably higher than the probable landing point. After leaving the take-off, the knees are drawn up under the chin. Just before landing, the feet should be thrust as far forward as possible. Don't fall back. After one has learned the broad jump practice every other day. Practice sprints to get the speed. Practice running at the take-off. Practice using only three or four steps to get the rise.

RUNNING HIGH JUMP.

Every other day is often enough to practice high jumping. The first attempts should be made with a bar about two feet six inches. As form is acquired, gradually raise the bar. As in the running broad jump, the place where the stride is reached and the take-off must be determined by experiment and practiced until it can be reached without changing the stride. Have just enough speed in your run to carry the body over the bar after you get your elevation. Emphasize the last four strides. Don't get any higher than is necessary. Practice running from the front and not from the side. Jump with a twist. Turn to the left if you take off with the left foot.

SHOT-PUTTING.

Heavy work in the gymnasium during the winter is one of the greatest aids toward putting one in condition for this event. Parallel bar exercises and bag punching are especially good. It will be necessary to learn the form from some person qualified to teach the different parts of the movement for shot-putting is quite complicated, and knack as well as strength is required.

Develop the muscles of the arm and back. Practice with different weight shots, the heavier for form and the light one for speed. Stop before the fatigue point is reached. Practice putting from a stand first. Have the shot rest against the shoulder, the elbow well back of it. Use a hop, step and a jump, or a glide, step and a jump, in putting the shot. Finish facing the side of the circle. There should be no stop from start to finish. As the right side of the body comes to the front the right arm must be thrown straight outward with much the same motion as used in delivering a direct punch at a bag hanging about on a level with the head. Remember it is a sharp thrust rather than a throw. Put the body weight into the thrust.

GENERAL TRAINING.

Don't overdo; don't work until fatigued.

Don't specialize.

Don't take too many hot baths.

Don't do any violent exercise before or one or two hours after a meal.

Strive for an all-round development. Train faithfully for events. Always warm up before a severe exertion; always finish the day's work feeling that you could do more.

Always cool off after exertion with mild exercise.

Get plenty of sleep, plenty of fresh air day and night, and plenty of water.

DIET.

Don't drink coffee; don't eat pastry or candy; don't smoke cigarettes; they are fatal to athletes.

Don't over-eat or over-drink.

Eat fruit, beef, mutton, steak, eggs, vegetables, prunes, apple sauce, cheese, rice, peas, beans, tapioca, custard, bread pudding.

Eat no bulky food the day of the race.

Be regular in the meals; have the same well cooked.

CLOTHING.

Light weight, sleeveless shirt, trunks that reach almost to the knees, shoes to fit comfortably so that feet will not slide around in them and become chafed.

TRAINING FOR SPRINTS.

Master the crouch start.

Don't look around or allow other competitors to worry you.

Don't run with the head up in the air or bending backward.

Don't throw the heels up in back; don't run on the heels; don't turn the toes out in running.

Don't make stride too long.

Don't run the full distance at top speed more than once or twice per week.

Don't stop suddenly after you have finished the race.

Don't do too much distance work when training for the sprints.

Use the crouch start for all sprints.

CROUCH START—Dig depressions in the track for the feet, one about seven inches in back of the mark and the other about twenty inches back of the first. "On your mark"—Place the fingers on the mark (arms straight), the left foot in the first depression and the right foot in the second, kneeling on the right knee. "Get set"—Raise the back (head well up), and throw the weight well forward so the body weight is divided between the hands and forward leg. At the sound of the pistol, take the

hands away and dive straight forward. Make the first five or six strides short in order to get into stride as soon as possible. Slow down by degrees. Always land running, that is, body inclined forward. Have the body well balanced for the start. Get your stride naturally; don't over-stride at any time. Run straight and true; don't let your competitor pull you out of stride; don't chop your stride; don't be nervous on your mark; don't expect to break records the first year. Alternate fast work one day and some slow work the next. Practice starting four or five times per day when practicing the slow work.

HURDLING.

Develop sprinting ability. Clear hurdle in a step and not a jump. Learn to skim the hurdle. Land as quickly as possible after each hurdle. Race between the hurdles. Always land running. Don't slow up when approaching the first hurdle. Take an odd number of steps between hurdles, thus taking off with the same foot. Work hard and progress slowly. Land directly in front of your take-off. Use one knock-off hurdle for practice first. Hurdle three times per week and the other two days practice sprints. Make the first stride between hurdles comparatively short as impetus is obtained here for the others. On the last stride shorten the length without lessening the speed.

POLE VAULT.

Develop muscles of the arms, shoulders, and back by gymnasium work. Hold the pole with both thumbs up and parallel to the straight of way. The impetus gained in running and the final leap give the necessary momentum to throw the body over the bar. Find the starting point and the take-off and mark them plainly; then practice until you can strike this spot every time without changing the stride. Hold the pole against the bar and note where it touches. Grasp just under this with the low hand, and if you take off with the left foot this will be the left hand. Now, grasp with the upper hand about eighteen inches above. Practice sprinting first without the pole and then with the pole until an even stride is acquired. When the vault is made, the point of the pole strikes the ground, and the spring from the left leg comes almost simultaneously. The routine of work should include three days at vaulting, and other days practice high jumping and springing. Don't attempt height until the form is thoroughly mastered. Fix the eyes on the middle of the

bar, and don't look at anything else until the body has been raised to it.

CHINNING THE BAR.

Use the reverse grasp; that is, with the palms of the hands turned toward the body, and raise the body steadily, don't jerk it or try to swing up. Straighten the elbow in every extension. Practice once or twice every morning just before school and again in the afternoon after school. Don't raise the body more than ten times.

RUNNING, HOP, STEP AND JUMP.

Rules for the running broad jump apply here. Don't make the first hop too long. Make the greatest distance in your final jump. Increase the speed from start to finish. In the hop, land on the foot used in taking off; in the step on the opposite foot; and in the jump on both feet.

STANDING, HOP, STEP AND JUMP.

In the standing, hop, step and jump, the foot must be raised before the first hop is taken.

STANDING BROAD JUMP.

It is permissible to toe over the take-off about one inch and thus get a firm support for the spring forward. The body should be inclined well forward, knees bent, the arms in back. In making spring, throw the arms forward, draw the knees up and shoot the legs forward. Practice the broad jump four or five times a day.

Outdoor Sports

Base Ball Leagues of the Newark P. S. A. A.

**Rules for Governing the Base Ball Leagues
of the Newark P. S. A. A.**

**Pennant Winners of the Base Ball Leagues
of the Newark P. S. A. A.**

**Rules Governing Basket Ball Leagues of the
Newark P. S. A. A.**

**Pennant Winners of the Basket Ball Leagues
of the Newark P. S. A. A.**

**Rules Governing Soccer Foot Ball Leagues of
the Newark P. S. A. A.**

**Pennant Winners of the Soccer Foot Ball
Leagues of the Newark P. S. A. A.**



1, Frelinghaus; 2, White; 3, Digiovanni; 4, Lynch; 5, Meyer; 6, Krahenbuhl; 7, Reich; 8, Bollenback; 9, Burns; 10, Rolf.
SOUTH MARKET STREET SCHOOL SENIOR BASE BALL TEAM.
City Champions.

Base Ball Leagues of the Newark Public School Athletic Association

At a meeting of the N. P. S. A. A. held April 1, 1910, the following action was taken:

1.—That there should be two Grammar School Leagues, to be known as the Northern and the Southern Leagues.

2.—That there should be two Primary School Leagues, to be known as the Northern and Southern Primary Leagues.

In 1910, the number of schools entering was so large that the classification was changed to

SENIOR NORTHERN.

SENIOR SOUTHERN.

JUNIOR SOUTHERN.

JUNIOR NORTHERN.

BASE BALL TEAMS, 1911.

SENIOR.

NORTHERN.

Alexander Street
Burnet Street
Central
Eighteenth Avenue
Elliot
Fourteenth Avenue
Franklin
Newton
North Seventh Street
Seventh Avenue
South Eighth Street
Summer Avenue
Boys' Industrial

SOUTHERN

Avon Avenue
Bergen Street
Chestnut
Fifteenth Avenue
Hawthorne
Lafayette
Miller
Morton
South Market
Madison
Washington

JUNIOR.

NORTHERN.

Burnet
Central Avenue
Eighteenth Avenue
Elliot
Fourteenth Avenue
Franklin
Newton
North Seventh Street
Seventh Avenue
Summer Avenue
Sussex Avenue

SOUTHERN

Avon
Bergen
Camden
Chestnut
Hawthorne
Lafayette
Miller
Morton
South
Madison

Rules for Governing the Base Ball Leagues of the Newark Public School Athletic Association

RULE No. 1. The City shall be divided into two districts for the present, and the names of the two leagues shall be the Northern District League and the Southern District League. And these leagues shall be divided into Juniors and Seniors.

RULE No. 2. The District League may have as officers a President, Vice-President, Secretary and Treasurer. The last two offices may be held by one man.

RULE No. 3. The President must be selected from the principals of the city schools. The remaining officers may be selected from the students.

RULE No. 4. A schedule of games, never more than two a week, shall be made by the presidents of the District Leagues and submitted to the Executive Committee of the Athletic Association for approval before the opening of the season.

RULE No. 5. The duties of the Presidents of the District Leagues shall be, beside those usually designated to this office, the selecting of umpires for the games, the providing and assignment of the base ball diamonds to the several teams, and the general oversight of the field of play during the contest.

RULE No. 6. The Vice-President, beside the usual duties of this office, shall aid and abet the authority of the President and may assist the President in selecting the umpires and assigning the diamonds.

RULE No. 7. The Secretary and Treasurer shall perform the usual duties of these offices.

RULE No. 8. All players must be eligible according to the rules of the Public School Athletic Association (See Rule 19.)

RULE No. 9. Any team playing ineligible members may be dropped from the League in consequence.

RULE No. 10. The official ball shall be adopted each year by the Association. For the year 1912 "Spalding's League Ball" shall be used exclusively in all games by the Senior League teams, and the "Spalding's Junior League Ball" in all games played by the Junior teams.

RULE No. 11. At least one principal shall be in attendance to supervise each game.

RULE No. 12. On the field of play only the two captains shall be recognized and any dispute arising shall be settled between these two men and the umpire.

RULE No. 13. The official rules shall be the playing rules adopted according to the national agreement for the year.

RULE No. 14. Before the opening of the game the balls must be submitted to the President of the League and to the umpire to be passed upon. A new ball is not required but one satisfactory to these two gentlemen must be provided. Each team must furnish one.

RULE No. 15. All base balls must be purchased from the Secretary of the Association on order.

RULE No. 16. All banners or cups shall be provided by the Newark Public School Athletic Association and shall consist of four pennants or cups.

RULE No. 17. Each school shall raise funds for the support of its base ball teams, and shall own and supply all uniforms, bats, balls and base ball paraphernalia.

RULE No. 18. All championship games of the Base Ball Leagues shall be played on the base ball diamonds of the Athletic Association, Branch Brook Park, Weequahic Park, or such other available fields as shall be approved of by the Executive Committee of the Association.

RULE No. 19. The senior team may be taken from any grades in the school. The junior team in Grammar and Primary Schools shall be made up of boys under 14 years of age. A junior boy when changed to a senior team can not play upon a junior team in any league game during the rest of the season, nor can a senior boy play on a junior team. All schools having more than six grades shall be classed as Grammar schools for purposes of base ball, soccer, and basket ball.

RULE No. 20. In Primary Schools the junior team may be taken from any grade of such school including the sixth grade, but must be under fourteen years of age.

RULE No. 21. Any boy who receives money for playing in any sport shall be ineligible to play on the school teams.

RULE No. 22. Boys playing on any team must have been a member of the Newark Public Schools twelve weeks previous to the games.

RULE No. 23. There will be an entrance fee of one dollar for each team entered from a school. This money is for the purpose of purchasing trophies.

RULE No. 24. The names and ages of all players are to be sent to the Secretary before the season opens.

RULE No. 25. The winner of two games out of three in the play off for the City Championship shall receive the prize.

Pennant Winners of the Base Ball Leagues of the Newark Public School Athletic Association

1906.

Won by Franklin School.

1907.

Northern Championship—Newton Street
Southern Championship—Bergen Street

1908.

Northern Senior Championship—Franklin
Southern Senior Championship—Bergen Street
Junior League Championship—Franklin

1909.

Northern Senior Championship—Franklin
Southern Senior Championship—Miller Street
Northern Junior Championship—Newton Street.
Southern Junior Championship—Hawthorne Avenue

1910.

Northern Senior Championship—Alexander Street
Southern Senior Championship—Bergen Street
Northern Junior Championship—North Seventh Street
Southern Junior Championship—Hawkins Street
City Championship Senior—Alexander Street
City Championship Junior—North Seventh Street

1911.

Northern Senior Championship—Franklin
Northern Junior Championship—Elliot Street
Southern Senior Championship—South Market Street
Southern Junior Championship—Hawthorne Avenue
City Championship Senior—South Market Street
City Championship Junior—Elliot Street



1, Staehle; 2, Mr. G. Cavallaro, Director of School Physical Training and Athletics; 3, Coleman; 4, Schrayshun; 5, Finger; 6, Lehrhof; 7, Wishnevsky.

BELMONT AVENUE SCHOOL SENIOR BASKET BALL TEAM.

Rules Governing Basket Ball Leagues of the Newark Public School Athletic Association

RULE 1. A. A. U. Rules shall govern play. Exception:—Junior halves shall be of 15 minutes duration; Senior halves shall be, one of 20 minutes duration, one of 15 minutes duration.

RULE 2. The rule for membership in senior and junior basket ball shall be the same as in base ball and foot ball.

RULE 3. Rules of conduct shall be the same as those that govern all entries in the Newark Public School Athletic Association.

RULE 4. Spalding's "Official" Basket Ball shall be used in all games.

RULE 5. There shall be an entrance fee of one dollar for each team entered from a school. This money is for the purpose of procuring trophies.

RULE 6. The names and ages of all players are to be sent to the Secretary before the season opens.

RULE 7. The Games of the League shall all be played before the opening of the February term.

RULE 8. The winner of two games out of three in the play off for the City Championship shall receive the prize.

TEAMS OF 1911 AND 1912.

SENIORS.

NORTHERN

Warren Industrial
Eighteenth Avenue
Franklin
Newton Street
Burnet Street
Central Avenue

SOUTHERN.

Belmont Avenue
Morton Street
Hawthorne Avenue
Avon Avenue
Bergen Street
Madison

JUNIORS.

NORTHERN

Newton Street
Eighteenth Avenue
Central Avenue
Franklin
Webster
Burnet Street
Ridge

SOUTHERN.

Hawthorne Avenue
Belmont Avenue
Morton Street
Bergen Street
Madison
Avon Avenue
Hamburg Place

Pennant Winners of the Basket Ball Leagues of the Newark Public School Athletic Association

1909-1910.

Senior Championship—Belmont Avenue
Junior Championship—Belmont Avenue

1910-1911

Northern Senior Championship—Eighteenth Avenue
Southern Senior Championship—Belmont Avenue
Northern Junior Championship—Eighteenth Avenue
Southern Junior Championship—Belmont Avenue
City Senior Championship—Belmont Avenue
City Junior Championship—Belmont Avenue

1911-1912

Northern Senior Championship—Boys' Industrial
Southern Senior Championship—Belmont Avenue School
Northern Junior Championship—Newton Street.
Southern Junior Championship—Hawthorne Avenue
City Senior Championship—Belmont Avenue
City Junior Championship—Hawthorne Avenue



1, Dukiet; 2, Tuttle; 3, Dougan, Coach; 4, Mead; 5, Turley; 6, Krams; 7, Lind, Capt.

BOYS' INDUSTRIAL SCHOOL SENIOR BASKET BALL TEAM.
Northern District Champions.



1, Mr. L. H. Field, Director of School Physical Training and Athletics; 2, Lochner; 3, Shortman; 4, D'heron; 5, Maibauer; 6, Horne.

HAWTHORNE AVENUE SCHOOL JUNIOR BASKET BALL TEAM.



1, D'Amato; 2, Balcom, Prin.; 3, Haydon; 4, Cairns; 5, Pollock; 6, Mayer; 7, Cowan; 8, Leech; 9, Lawlor; 10, Parkinson; 11, Lalor; 12, Rabone; 13, Caffrey; 14, Jones.

FRANKLIN SCHOOL SENIOR SOCCER FOOT BALL TEAM.

City Champions.

Rules Governing Soccer Foot Ball Leagues of the Newark Public School Athletic Association

RULE No. 1. A. A. U. rules shall govern the play.

RULE No. 2. The rule for membership in Senior and Junior Soccer Leagues shall be the same as in base ball.

RULE No. 3. Rules of conduct shall be the same as those that govern all entries in the Newark Public School Athletic Association.

RULE No. 4. Rules of Organization for Soccer Foot Ball shall be the same as those governing base ball.

RULE No. 5. Spalding's "Official" Soccer Foot Ball shall be used in all games.

RULE No. 6. There shall be an entrance fee of one dollar for each team entered from a school. This money is for the purpose of purchasing trophies.

RULE No. 7. The names and ages of all players are to be sent to the secretary before the season opens.

RULE No. 8. In playing the Championship games the halves shall be 20 minutes each.

RULE No. 9. Championship games will be decided in favor of the team winning any two of the first three; if other games are necessary the total number of points will be the determining factor.



1, Balcom, Prin.; 2, Stabler; 3, Kirk; 4, Benson; 5, Rizzolo; 6, Kattenhorn; 7, Jenkins; 8, Duffy; 9, Lalor; 10, Marshall; 11, MacGregor; 12, Cunningham.

FRANKLIN SCHOOL JUNIOR SOCCER FOOT BALL TEAM.

City Champions.

Pennant Winners of the Soccer Foot Ball Leagues of the Newark Public School Athletic Association

1908.

Championship won by Miller Street

1909

Senior Championship won by Franklin

Junior Championship won by Bergen Street

1910-1911

Northern Senior Championship—Franklin

Northern Junior Championship—Franklin

Southern Senior Championship—Bergen Street

Southern Junior Championship—Miller Street

City Championship Senior—Franklin

City Championship Junior—Franklin

1911-1912

Northern Senior Championship—Franklin

Northern Junior Championship—Franklin

Southern Senior Championship—Hawthorne Avenue

Southern Junior Championship—Hawthorne Avenue

City Championship Senior—Franklin

City Championship Junior—Franklin

TEAMS OF 1911.

NORTHERN.

SENIOR.

Burnet Street School
 Central Avenue School
 Elliot Street School
 Franklin School
 Morton Street School
 Newton Street School
 North Seventh Street School
 Seventh Avenue School

JUNIOR.

Burnet Street School
 Central Avenue School
 Elliot Street School
 Franklin School
 Fifteenth Avenue School
 Morton Street School
 Seventh Avenue School

SOUTHERN.

SENIOR.

Avon Avenue School
 Bergen Street School
 Hawthorne Avenue School
 Madison School
 Miller Street School

JUNIOR.

Bergen Street School
 Hawthorne Avenue School
 Madison School
 Miller Street School



1, Lochner; 2, Kirk; 3, Nelson; 4, Mr. R. A. MacDonald, Principal; 5, Maibauer; 6, Minchent; 7, Messner; 8, Horne; 9, D'heron; 10, Shortman; 11, Wallace; 12, Ballman; 13, Heinzman.

HAWTHORNE AVENUE SCHOOL JUNIOR SOCCER FOOT BALL TEAM.

Southern District Champions.

Newark Public School Athletic Association

..Officers..

President, A. G. BALCOM
Franklin School
Vice-President, M. L. COX
13th Avenue School
Treasurer, FRED W. FORT
Hamburg Place School
Secretary, F. H. HANSON
So. Market Street School
Asst. Secretary, L. H. CARRIS
Burnet Street School



..Executive Committee..

J. L. TERWILLIGER
14th Avenue School
A. J. GLENNIE
Miller Street School
C. L. WEST
Newton Street School
RANDALL WARDEN
Physical Director City Hall
CHAS. A. MacCALL
Director of Compulsory Education

Newark, N. J., May 14th, 1912.

A. G. Spalding & Bros.,
845 Broad Street,
Newark, N. J.

Gentlemen:

At the meeting of the Executive Committee of the Newark Public School Athletic Association on March 8th, 1912, the goods of A. G. Spalding & Bros. were adopted as Official for the Newark schools.

Yours very truly,

F. H. Hanson

Sec'y.

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Schoolyard Athletics

By JAMES E. SULLIVAN

Sec'y-Treas. Amateur Athletic Union; Member Board of Education Greater New York

THE great interest in athletics that has developed in the public schools within re-

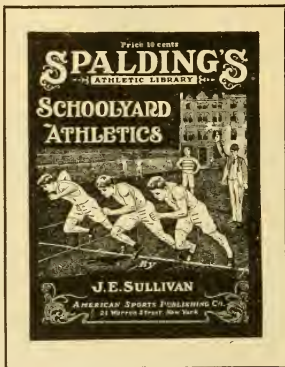
cent years has led to the compilation of this book with a view to the systemization of the various events that form the distinctively athletic feature of school recreation. With its aid any teacher should be able to conduct a successful meet, while the

directions given for becoming expert in the various lines will appeal to the pupil. Some of the leading athletes have contributed chapters on

their specialties: Ray Ewry, holder of the world's high jump record, tells how to

practice for that event; Harry Hillman, holder of the hurdle and three-legged records, gives hints on hurdle racing and three-legged racing; Martin Sheridan, all-around champion of America, gives directions for putting the shot; Harry F. Porter,

high jump expert, describes how to become proficient in that event. Book is illustrated with photos taken especially for it in public school yards.



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All of these shoes are hand made. Finest kangaroo leather uppers and best white oak leather soles. They are the same style shoes that we supplied to the American athletes who were so successful at the last Olympic Games in London, and they are worn in competition by all prominent athletes in this country.



No. 2-O



No. 14C



No. 14W

Spalding "Olympic Championship"

No. 2-O. "Sprint" Running Shoe. Extremely light and glove fitting. Hand made steel spikes firmly riveted on. This shoe is worn by all champions in sprint and short distance races.

Per pair, \$6.00

No. 14C. "Distance" Running Shoe. For distance races on athletic tracks. Low, broad heel, flexible shank. Hand made steel spikes in sole. No spikes in heel.

Per pair, \$6.00

No. 14W. Walking Shoe. For competition and match races. This style shoe is used by all champion walkers.

Per pair, \$5.00

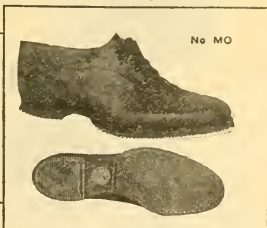
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Keep the uppers of all Running Shoes soft and pliable by using SPALDING WATERPROOF OIL.

It will greatly add to wear of shoes. Per Can, 25c.



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Spalding "Marathon" Long Distance Running Shoes

No. MH. High cut but light in weight. Well finished inside so as not to hurt the feet in a long race, especially over uneven roads. Corrugated rubber tap sole, and light leather heel covered with rubber; special quality black calfskin uppers. Hand sewed. Pair, \$5.00

No. MO. Low cut, otherwise same as No. MH. This shoe being low cut is lighter than the regular high cut of same grade. It is made so that it will not chafe, and is recommended where lightness is particularly desired in a Marathon run. Hand sewed. Pair, \$5.00

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TRADE-MARK

GUARANTEES
QUALITY

Spalding "Olympic" Jumping and Hurdling Shoes



No. 14 H



SPALDING "OLYMPIC CHAMPIONSHIP"

No. 14H. Jumping Shoe. Specially stiffened sole. Hand made steel spikes placed according to latest ideas of champion jumpers. This is also the correct shoe to use for shot putting and weight and hammer throwing.

Per pair, \$6.00



No. 14J



SPALDING JUMPING SHOE

No. 14J. Calfskin Jumping Shoe. Partly machine made. Satisfactory quality and durable.

Per pair, \$4.50



SPALDING "OLYMPIC CHAMPIONSHIP"

No. 14F. Hurdling Shoe. Made on same last as our Sprint Running Shoe. Hand made steel spikes. A really perfect shoe for hurdling. Made to order only. Not carried in stock.

Per pair, \$6.00

SPALDING POLE VAULTING AND RUNNING SHOES



No. 10



SPALDING "OLYMPIC CHAMPIONSHIP"

No. 14V. Pole Vaulting Shoe. High cut; special last; hand made; finest kangaroo leather uppers and best white oak leather soles. This is the style shoe we supply to the record holders for pole vaulting. Steel spikes in sole; one spike in heel. Made to order only; not carried in stock.

Per pair, \$6.00

SPALDING RUNNING SHOES

No. 10. Finest Calfskin Running Shoe. Light weight; hand made; steel spikes.

Per pair, \$5.00

The uppers and soles of all Running, Jumping and Vaulting Shoes should be kept soft and pliable by using SPALDING WATERPROOF OIL. It prevents deterioration of the leather due to perspiration. Per can, 25 Cents.

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No. 11T

Running Shoes

No. 11T. Calfskin, machine made, solid leather tap sole holds spikes firmly in place.

Per pair, **\$4.00**

★ **\$42.00 Doz.**

No. 11. Calfskin, machine made.

Per pair, **\$3.00**

★ **\$30.00 Doz.**

Juvenile Running Shoes

No. 12. Outdoor Leather Running Shoes, complete with spikes, in sizes 12 to 5 only. Pair, **\$2.50**



No. 11

Spalding Running Pants.

No. 1. White or Black Sateen, fly front, lace back. . .	Per pair, \$1.25 ★ \$12.00 Doz.
No. 2. White or Black Sateen, fly front, lace back. . .	1.00 ★ 10.00 "
No. 3. White or Black Silesia, fly front, lace back. . .	.75 ★ 7.80 "
No. 4. White, Black or Gray Silesia, fly front, lace back. "	.50 ★ 5.00 "
No. 44. Same quality as No. 4, but in juvenile sizes, not over 26-inch waist45
Silk Ribbon Stripes down sides or around waist of any of these running pants.	Extra " .25 ★ 2.40 "

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Quantity prices not allowed on items not marked with ★

BOOKS ON ATHLETICS

Schoolyard Athletics

By James E. Sullivan, Secretary-Treasurer of the Amateur Athletic Union of the United States and member of the Board of Education of Greater New York. Endorsed by leading educators and officials of the Public Schools Athletic League. An invaluable handbook for the teacher and the pupil. Gives a systematic plan for conducting school athletic contests and instructs how to prepare for the various events. Illustrated with numerous pictures taken especially for this book.

Price 10 cents

Books for Athletes

- 12A Spalding's Official Athletic Rules.
- 27 College Athletics.
- 182 All-Around Athletics.
- 156 Athletes' Guide.
- 87 Athletic Primer.
- 273 Olympic Games at Athens, 1906.
- 252 How to Sprint.
- 255 How to Run 100 Yards.
- 174 Distance and Cross-Country Running.
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- 246 Athletic Training for Schoolboys.
- 317 Marathon Running.
- 331 Schoolyard Athletics.
- 342 Walking for Health and Competition.
- 349 Intercollegiate Official Handbook.
- 302 Y. M. C. A. Official Handbook.
- 313 Official Handbook Public Schools
- 314 Girls' Athletics. [Athletic League.
- 308 Official Handbook New York Inter-scholastic Athletic Association.
- 347 Official Handbook Public Schools Athletic League of San Francisco

Each of the above books, 10 cents

Marathon Running

By James E. Sullivan, Secretary-Treasurer of the Amateur Athletic Union of the United States and member of the Board of Education of Greater New York. The revival of the Olympic Games has created a widespread interest in this classic Greek event and this book has been published to meet the demand for an authoritative handbook on the subject. Contains an account of the origin of Marathon running, how leading runners train, rules, records, and pictures of prominent runners.

Price 10 cents

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SPALDING Indoor Running and Jumping Shoes



No. 111



No. 111. Spalding Indoor Running Shoe. Calfskin, special corrugated rubber sole, with spikes. Per pair, **\$4.00**
No. 210. Spalding Indoor Jumping Shoe. Hand made. Calfskin uppers; rubber tap sole and rubber heel. Pair, **\$5.00**

CHAMOIS PUSHERS

No. 5. Fine chamois skin. Used with running, walking, jumping and other athletic shoes. Pair, **25c.**



No. 210



PROTECTION FOR RUNNING SHOE SPIKES

No. N. Thick wood, shaped and perforated to accommodate spikes. Pair, **50c.**

CORK ATHLETIC GRIPS

No. 2. Best quality cork, with elastic bands. Per pair, **20c.**

No. 1. Selected cork, shaped. Per pair, **15c.**



No. 112



No. 112. Spalding Indoor Running Shoe. Good leather; with rubber tap sole. No spikes.

Pair, **\$3.00** ★ *\$32.40 Doz.*

No. 114. Spalding Indoor Running Shoe. Leather uppers; rubber tap sole. No spikes.

Pair, **\$2.50** ★ *\$27.00 Doz.*

JUVENILE INDOOR RUNNING SHOES

No. 115. Leather, good quality, without spikes. Sizes, 12 to 5 only. Per pair, **\$2.00**



No. 114



For Indoor Shoes, especially when the feet perspire, the uppers should be kept soft and pliable with **SPALDING WATERPROOF OIL**. It will extend the life of shoes. Per can, **25c.**

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Spalding Shirts, Tights and Trunks



No. 600



No. 6WD



No. 604



No. 1

STOCK COLORS AND SIZES. OUR WORSTED GOODS are furnished in Gray, White, Navy Blue, Maroon, and Black only. Stock sizes: Shirts, 26 to 44 inch chest. Tights, 28 to 42 inch waist. **SANITARY COTTON GOODS.** Colors: Bleached White, Navy, Black, Maroon, and Gray. Stock sizes: Shirts, 26 to 44 inch chest. Tights, 26 to 42 inch waist.

Spalding Sleeveless Shirts—Plain Colors

STOCK COLORS AND SIZES

No. 600. Good quality worsted. Each, \$1.25 ★ \$12.60 Doz.
No. 800. Worsted. " 1.00 ★ 10.50 "
No. 6E. Sanitary Cotton. " .50 ★ 4.75 "

Spalding Striped Sleeveless Shirts

No. 600S. Good quality worsted, with 6-inch stripe around chest, in following combinations of colors: Navy with White stripe; Black with Orange stripe; Maroon with White stripe; Red with Black stripe; Royal Blue with White Stripe; Black with Red stripe; Gray with Cardinal stripe.

Each, \$1.50 ★ \$15.00 Doz.

No. 800S. Worsted. Colors same as No. 600S. Stock sizes.

Each, \$1.25 ★ \$13.50 Doz.

No. 6ES. Sanitary Cotton, solid color body, with 6-inch stripe around chest, in same combinations of colors as No. 600S.

Each, 75c. ★ \$7.50 Doz.

Spalding Shirts with Sash

No. 6WD. Sanitary Cotton, sleeveless, with woven sash of different color from body. Same combinations of colors as No. 600S. To order only; not carried in stock.

Each, \$1.25 ★ \$12.00 Doz.

No. 6ED. Sanitary Cotton, sleeveless, solid color body with sash stitched on of different color. Same combinations of colors as No. 600S. Each, 75c. ★ \$7.50 Doz.

Spalding Quarter Sleeve Shirts

No. 601. Good quality worsted, stock colors and sizes.

Each, \$1.50 ★ \$15.00 Doz.

No. 6F. Sanitary Cotton, stock colors and sizes.

Each, 50c. ★ \$4.75 Doz.

Spalding Full Sleeve Shirts

No. 3D. Cotton, Flesh, White, Black. Ea., \$1.00 ★ \$10.00 Doz.

Spalding Knee Tights

STOCK COLORS AND SIZES

No. 604. Good quality worsted. Pair, \$1.25 ★ \$12.60 Doz.

No. 804. Worsted. " 1.00 ★ 10.80 "

No. 4B. Sanitary Cotton. " .50 ★ 4.75 "

Spalding Full Length Tights

No. 1A. Best worsted, full fashioned. Stock colors: Black, Navy Blue, and Maroon. Sizes, 28 to 42 inch waist. Pr., \$4.00

No. 605. Good quality worsted, stock colors and sizes.

Pair, \$2.00 ★ \$21.60 Doz.

No. 3A. Cotton, full quality. White, Black, Flesh.

Pair, \$1.00 ★ \$10.00 Doz.

Spalding Worsted Trunks

No. 1. Best worsted, Black, Maroon, and Navy. Pair, \$2.00

No. 2. Good quality worsted, Navy and Black. Special colors to order. Per pair, \$1.00

Spalding Juvenile Shirts and Tights

ONLY SIZES SUPPLIED: Chest, 26 to 30 inches, inclusive; Waist, 24 to 26 inches, inclusive.

No. 65. Sleeveless Shirt, quality of No. 600. Each, \$1.00

No. 65S. Sleeveless Shirt, quality of No. 600S. " 1.25

No. 66. Quarter Sleeve Shirt, quality of No. 601. " 1.25

No. 64. Knee Tights, quality of No. 604. Pair, 1.15

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No. 600S



No. 601



Full
Tights

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Spalding Exercising Equipment

Outfit No. H, referred to below, is suggested exclusively for recreation rooms, being suitable for use by those of varying ages, with sufficient equipment shown to supply as many as are likely to be using the room at the same time under ordinary circumstances, while additional equipment may be added as required to take care of a larger number without disarranging the balance of the outfit.

No. H Recreation Room Exercising Outfit

Consisting of

	Price
1 No. 12 Chest Weight Machine.	\$10.00
1 No. 3 Head and Neck Attachment.	1.50
1 pr. No. 3 Swing. Rings, leather covered.	8.00
1 No. 119 Laffin Rowing Machine.	16.00
1 No. 1 Moline Platform	12.00
1 No. 18 Striking Bag	6.00
1 No. 74 Wall Horizontal and Vault'g Bar.	35.00
1 No. 03 Mattress.	25.00
2 pairs No. 6 Sandow Dumb Bells.	6.00
1 pair No. 5 Sandow Dumb Bells.	2.00
1 set No. 15 Boxing Gloves.	4.00
1 set No. 118 Boxing Gloves.	7.00
1 No. 12 Medicine Ball.	6.00
1 No. 11 Medicine Ball.	5.00

TOTAL, \$143.50

No. H Outfit



Price is F.O.B. nearest A. G. Spalding & Bros. Store. Shipping weight of complete outfit, 570 pounds.

Outfit No. G is arranged particularly for use in recreation room of a private house. It provides a great variety of simple exercising apparatus at a very moderate cost. The equipment is suitable for use by those of varying ages of both sexes.

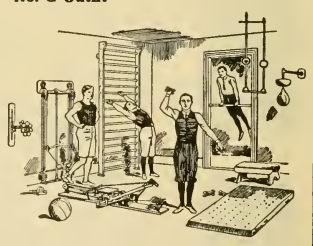
No. G Home Exercising Outfit

Consisting of

	Price
1 No. 5 Chest Weight Machine.	\$15.00
1 No. 3 Head and Neck Attachment.	1.50
1 No. 2 Foot and Leg Attachment.	1.50
1 No. 20H Bar Stall.	8.00
1 No. 205 Bar Stall Bench.	4.00
1 No. A Doorway Horizontal Bar.	4.00
1 No. 1 Home Gymnasium.	6.00
1 No. 600 Kerns' Rowing Machine.	30.00
1 No. PR Striking Bag Disk.	5.00
1 No. 10 Striking Bag.	4.00
1 No. 1 Abdominal Masseur.	10.00
1 pair No. 6 Sandow Dumb Bells.	3.00
1 pair No. 2 Sandow Dumb Bells.	2.00
1 No. 02 Mattress.	15.00
1 No. 12 Medicine Ball.	6.00

TOTAL, \$115.00

No. G Outfit



Price is F.O.B. nearest A. G. Spalding & Bros. Store. Shipping weight of complete outfit, 450 pounds.

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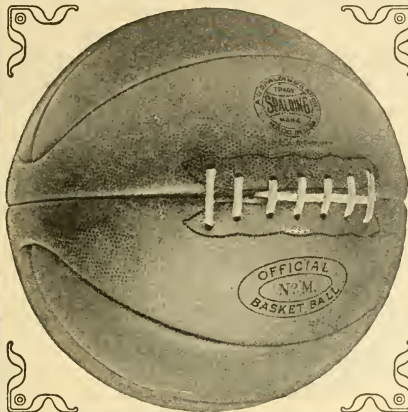
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QUALITY

The Spalding Official Basket Ball



**THE ONLY
OFFICIAL
BASKET BALL**

WE GUARANTEE

this ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and, if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use.

Owing to the superb quality of our No. M Basket Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee, which we will not allow.

A. G. SPALDING & BROS.

OFFICIALLY ADOPTED AND STANDARD. The cover is made in four sections, with capless ends, and of the finest and most carefully selected pebble grain English leather. We take the entire output of this superior grade of leather from the English tanners, and in the Official Basket Ball use the choicest parts of each hide. Extra heavy bladder made especially for this ball of extra quality pure Para rubber (not compounded). Each ball packed complete, in sealed box, with rawhide lace and lacing needle, and guaranteed perfect in every detail. To provide that all official contests may be held under absolutely fair and uniform conditions, it is stipulated that this ball must be used in all match games of either men's or women's teams.

No. M. Spalding "Official" Basket Ball. Each, \$6.00

Extract from Men's Official Rule Book

RULE II—BALL.

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.



Extract from

Official Collegiate Rule Book

The Spalding Official Basket Ball No. M is the official ball of the Intercollegiate Basket Ball Association, and must be used in all match games.



Extract from Women's Official Rule Book

RULE II—BALL.

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.



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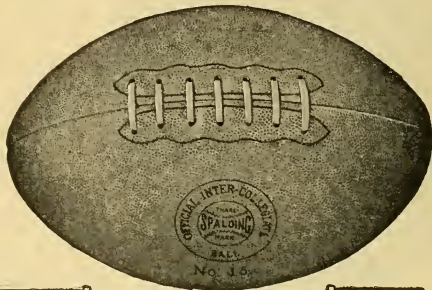
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QUALITY

The Spalding Official Intercollegiate Foot Ball



No. J5 . . . Complete, \$5.00

This is the ONLY OFFICIAL
COLLEGE FOOT BALL,
and is used in every important
match played in this country.

GUARANTEED ABSOLUTELY
IF SEAL OF BOX IS
UNBROKEN

Each ball complete in sealed
box, including leather case,
guaranteed pure Para rubber
bladder (not compounded),
inflator, lacing needle
and rawhide lace.



WE GUARANTEE every J5 Spalding Foot Ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use. ¶ Owing to the superb quality of every Spalding Foot Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee which we will not allow.

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Spalding All-Steel Playground Apparatus

Acknowledged as the Standard. Specified and purchased by practically all Municipal Park and Playground Commissions in America.



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Alameda, Cal.
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Buffalo, N. Y.
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Chicago, Ill.
Cincinnati, O.
Cleveland, O.
Dallas, Texas

Dayton, O.
Denver, Col.
Dongan Hills, N. Y.
East Orange, N. J.
Forest Park, Md.
Fl. Plain, N. Y.
Fl. Wayae, Ind.
Galesburg, Ill.
Geneva, N. Y.
Greely, Col.
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Havana, Cuba
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Keosauqua, Cal.
Lancaster, Pa.
Leavenworth, Kan.
Lexington, Ind.
Lockhart, Ala.
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Meridian, Miss.
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Naugatuck, Ct.
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New Brunswick, N. J.
New Haven, Ct.
New London, Ct.
New Paltz, N. Y.
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Oswego, N. Y.
Pasadena, Cal.
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Pittsburg, Pa.
Pocatello, Idaho
Folk, Pa.
Portland, Me.
Portland, Ore.
Porto Barrios, S. Am.
Pueblo, Col.
Reading, Pa.
Rochester, N. Y.
Rye, N. Y.
Sag Harbor, N. Y.
San Jose, Cal.
Seattle, Wash.
Springfield, Mass.

Somerville, Mass.
St. Louis, Mo.
Summit, N. J.
Ulen, N. Y.
Walla Walla, Wash.
Washington, D. C.
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**Gymnasium and Playground Contract Department
CHICOPEE, MASS.**

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REG. U. S. PAT. OFF.

Spalding "Official National League" Ball

REG. U. S. PAT. OFF.

Patented
August 31, 1909

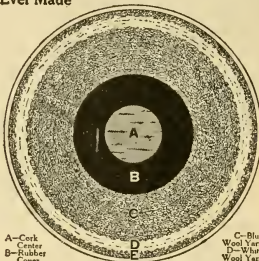
PATENT CORK CENTER

THE Spalding "Cork Center" has not only improved the ball, but it has also improved the game. Base ball played with the Spalding "Cork Center" Ball is as far in advance of the game played with an ordinary rubber center ball as the game played with the Spalding "Official National League" Ball of 1909 and before was in advance of the original game with the home made ball composed of a slice from a rubber shoe, some yarn from dad's woolen sock, and a cover made of leather bought from the village cobbler and deftly wrapped and sewed on by a patient mother after her day's work was done.

Base ball to-day is no hazardous amusement, it is a scientific pastime, a sport of almost geometric exactitude. It commands the best that is in men of national prominence, and gives in return the plaudits of millions who testify by their presence and enthusiasm to the wonderful hold which this most remarkable game has upon the feelings of the great American public.

Anything which results in making the game more interesting to the spectators is good for the game itself, providing it does not interfere with the development of the sport as an athletic pastime. With the Spalding "Cork Center" Ball the game is just as interesting in the last inning as in the first, the ball holds its life right through the game and being a more even playing ball than the old rubber center style it makes the game a surer test of the relative skill of the opposing teams.

The Best
Base Ball
Ever Made



A-Cork
Center
B-Rubber
Cover

E-Blue Wool Yarn

C-Blue
Wool Yarn
D-White
Wool Yarn

The
National
League
Baseball
Season-1910



OFFICE
OF THE
LEAGUE

November 9, 1910.

A. G. Spalding & Bros. have furnished the National League with their Official Base Ball since 1878. I consider that the new Cork Center ball that you are now furnishing is the best that the National League has ever used. It is a great step forward in base ball construction.

Yours very truly,

T. J. Lynch
President

To Those Who Play Base Ball

Every modification we have ever adopted in the construction of our Official League Ball has been decided upon after exhaustive experiments, always with the sole purpose of improving the qualities of the ball. The last improvement was in the core itself. The result is that the 1912 Spalding Official League Ball is the best type of ball we have ever turned out. It is more durable, more uniform in resistance, and holds its spherical shape better than any type of base ball made heretofore by anybody. I consider the 1912 Spalding Official League Ball nearer perfection than any base ball ever made. I personally investigated this improvement when it was first proposed in 1908. I then had an exhaustive series of experiments and tests made to determine whether the core could be improved. I was present at these experiments and found that unquestionably the 1912 type of ball was a great improvement from the standpoint of the ball player as well as the durability of the ball itself. I therefore authorize the following statement:

THE SPALDING 1912 OFFICIAL LEAGUE BALL is the best base ball that has ever been manufactured and sold by anybody.

A. G. Spalding

Spalding Complete Catalogue of Athletic Goods Mailed Free.

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REG. U. S. PAT. OFF.

Spalding "Official National League" Ball

(REG. U. S. PAT. OFF.)

Patent Cork Center

(PATENTED AUGUST 31, 1900)



No. 1 { Each, - - \$1.25
Per Dozen, \$15.00

The Spalding "Official National League" Ball has been
the Official Ball of the Game since 1878

Adopted by the National League in 1878, is the only ball used in Championship games since that time and has now been adopted for twenty years more, making a total adoption of fifty-four years.

In adopting the Spalding "Official National League" Ball for twenty years more the Secretary of the National League, Mr. John A. Heydler, gave the following as the reason for this action:

"The Spalding Ball was adopted by the National League for twenty years, because we recognized it as the best ball made. We have used it satisfactorily for thirty-four years. The new Cork Center Ball introduced for the first time last year and used in the World's Series, we believe to be the only ball for the future, and it is absolutely the best that has been used by the National League in its history."

This ball has the Spalding "Patent" Cork Center, the same as used since August 1, 1910, without change in size of cork or construction.

Each ball wrapped in tinfoil, packed in a separate box, and sealed in accordance with the latest League regulations. Warranted to last a full game when used under ordinary conditions.

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A. G. SPALDING & BROS., 845 BROAD ST.

Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through a jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not air to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, 13 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods and the same prices to everybody.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is the "Spalding Policy," which has already been in successful operation for the past 13 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A. G. Spalding*

PRESIDENT.

A. G. SPALDING & BROS., 845 BROAD ST., NEWARK, N. J.

Standard Quality

An article that is universally given the appellation "Standard" is thereby conceded to be the criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-four years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the Guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect, must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros.

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GRAND PRIX



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PARIS, 1900

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MAINTAIN WHOLESALE and RETAIL STORES in the FOLLOWING CITIES:

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NEWARK	CINCINNATI	LOS ANGELES
BUFFALO	CLEVELAND	SEATTLE
SYRACUSE	COLUMBUS	MINNEAPOLIS
BALTIMORE	INDIANAPOLIS	ST. PAUL
WASHINGTON	PITTSBURG	DENVER
LONDON, ENGLAND	ATLANTA	DALLAS
BIRMINGHAM, ENGLAND	LOUISVILLE	
MANCHESTER, ENGLAND	NEW ORLEANS	
EDINBURGH, SCOTLAND	MONTREAL, CANADA	
SYDNEY, AUSTRALIA	TORONTO, CANADA	

Factories owned and operated by A. G. Spalding & Bros. and where all of Spalding's Trade-Marked Athletic Goods are made are located in the following cities:

NEW YORK	-	CHICAGO	NEW YORK	-	CHICOPEE, MASS.
BROOKLYN		BOSTON	PHILADELPHIA		LONDON, ENG.